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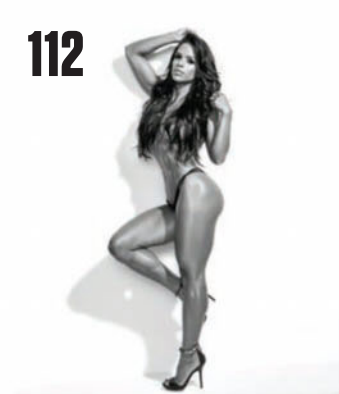
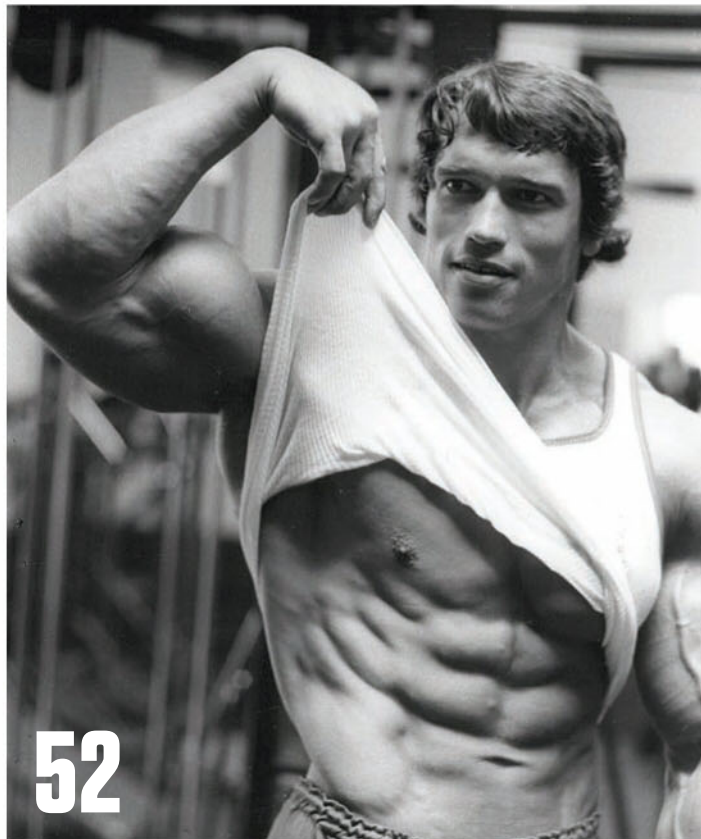
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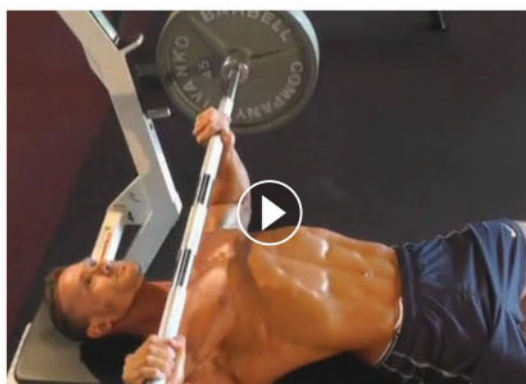
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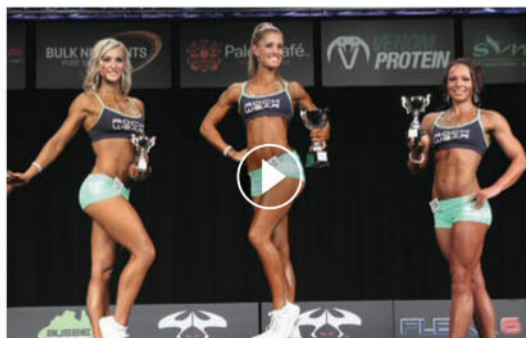
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# AUSTRALIAN IRON MAN

BODYBUILDING & FITNESS MAGAZINE

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# IM

# PUBLISHER'S LETTER

## Self-Belief

By Silvio Morelli



In my editorials, I talk a lot about setting goals and striving towards them. I truly believe that in order to succeed, you need to have a plan of action and to follow it. And, along the way, you need to track your progress to take stock of how well you're doing. After all, how can you know where you're going if you haven't got an idea of where you currently are?

However, setting goals and working towards them should not be how you define your life or yourself. Do not rest your happiness on your ability to achieve this goal or that. You can't allow your sense of self to rest on something that you might not have much actual control over — say, winning a contest.

Over your life, there will be times when you'll be in great shape — but also times when you'll be in not-so-good shape. Some days you'll feel strong in the gym and can lift a mountain, others you won't even be able to finish your workout because of how weak and tired you feel. Now imagine if you had to change how you felt about yourself as a person, deep down, with every change in energy level, off-season or contest prep? You'd swing high but crash very low.

Sure, there's something to be said for never being satisfied and striving for more — it can spur great things, definitely. But in the long run, it's healthier to take a step back and realise that you are not made up of your goals alone. Goal setting is merely a mechanism to add spice to your life, to give some direction and meaning to your passion — to keep you moving in a positive direction.

In short: it's good to have a goal, but you should never be thinking, "When X happens, THEN I will be happy." Your happiness and sense of self has to come from somewhere deeper within you. If you constantly expect something or someone to make you happy, then you are setting yourself up for constant unhappiness.

There is a saying that I totally live by and that is: "Success is not a destination. Success is a journey. Success is a life well lived with meaning and integrity. It is a life where you also give back rather than just take."

This year, to honour Arnold Schwarzenegger's upcoming 68th (yes, you read that right) birthday, we're running an article that first appeared in *Iron Man* in 1975. Written and photographed by *IM* publisher emeritus John Balik, 'I Watched Arnold Train' is an in-depth look at Arnold's training regime when he was on his legendary Olympia-winning streak. It's an incredible insight into the man's work ethic and gives you some idea of why he's been able to build the legacy he has.

Now, if anyone has shown that setting goals and working towards them is a worthwhile approach, it's Arnold. And yet even Arnold knew the value of believing in himself first and foremost, before he even stepped in the gym. It was his attitude of self-belief (that, yes, some people saw as arrogance) that has defined his approach to life, not the success he has had in and of itself. He also knew the importance of taking time out to enjoy things outside of the gym and to have a life, to have interests outside of bodybuilding — that's how he got started in movies after all.

Arnold didn't win every competition he entered, but he always kept his chin up and believed in himself. That was more important in the long run than any one of his successes.

Until next time, enjoy this issue of *Iron Man* and keeping training hard.

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*Nick Jones*

**Nick Jones**  
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## ARNOLD GEARS UP AGAIN

Tickets for the 2016 Arnold Classic Australia went on sale in late June and most of the VIP tickets have already been snapped up. According to the official Arnold Classic Australia Facebook page, events in the Plenary Hall have expanded, with both Friday and Saturday nights hosting IFBB pro contests, as well as a new addition: the Arnold Classic Australia Hall of Fame.

"Friday night at the Plenary will feature the pro bikini and pro figure finals, along with the open mens pro prejudging," the organisers announced. "Saturday night will feature the pro fitness finals, pro mens finals and pro strongman final. Sunday will feature the Arnold seminar and an all-new legends seminar."

Tickets are already available at [www.arnoldclassic.com.au/buy-tickets](http://www.arnoldclassic.com.au/buy-tickets)



Diep Nguyen



INEA

## TIM'S BIG WIN

Professional natural bodybuilder and Gen-Tec athlete Tim Martin took out the PNBA World Championships in Dubai in June, winning first place in the Professional Men's Bodybuilding division. Congratulations, Tim! Tim has announced that he will now be focusing on the 2016 PNBA Natural Olympia.

## WALKING THE WALK

International Protein owner Christine Envall recently returned home to Australia with a couple of new trophies for her mantelpiece. The IFBB Women's Bodybuilding pro won the IFBB Toronto Pro Supershow in Canada, a week after placing third at the Omaha Pro in Nebraska, USA. Congratulations, Christine!



Keith Rozario

## FIVE-DAY FAT LIMIT

A recent study has found that the way the body metabolises nutrients can change within five days of eating a high-fat diet.

"Most people think they can indulge in high-fat foods for a few days and get away with it," said Matt Hulver, an associate professor at Virginia Tech, where researchers carried out the study. "But all it takes is five days for your body's muscle to start to protest."

The study, published in the journal *Obesity*, found that after only five days of high-fat feeding, muscles start to struggle to oxidise glucose, which could potentially lead to insulin resistance.

"This shows that our bodies can respond dramatically to changes in diet in a shorter time frame than we have previously thought," said Hulver. "If you think about it, five days is a very short time. There are plenty of times when we all eat fatty foods for a few days, be it the holidays, vacations or other celebrations."

OK, OK, we'll put the burger down!







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# AUSSIES OF THE UNIVERSE

In late June, the WFF Universe Championships were held in La Ciotat, France, with a stellar team of Aussies making the trek to represent. *Iron Man* cover model Calum von Moger took home the WFF Pro Mr. Universe, making it his third WFF Universe title — Junior Universe in 2011, Amateur Universe 2014 and Pro Mr. Universe 2015, with second going to fellow Aussie Robert Borgonha, who also won his WFF Pro card.

*IM* columnist Mike Pearson made history by becoming the first two-time WFF Junior Mr. Universe, successfully defending his title from last year, while fellow Aussie Rebecca Gordon won the Junior Ms. Universe. The event was streamed online to a reported audience of four million and many of our athletes decided to stay in Europe for the WFF European Championships in Italy the following weekend.

A huge congratulations to all the Aussies who competed in France against some of the world's best.



Aussies Calum von Moger and Robert Borgonha battle it out in France.

NABBA/WFF

## USE IT OR LOSE IT

An exercise scientist from Rutgers University has said it takes less than a week for the negative effects of not training to kick in. Shawn Arednt told *Business Insider* in June, "If you stop training, you actually do get noticeable deconditioning, or the beginnings of deconditioning, with as little as seven days of complete rest. It very much is an issue of use it or lose it."

Of course, this is not to say you don't need to build rest days into your training program — after all, it's while you're at rest that your body is able to rebuild.

"The problem is it keeps getting harder and harder to go back to it [if you take too much time off]," Arednt said, "and you do start to notice deconditioning in as little as that period of time. You know, with muscle mass, if you're not stimulating it, there's no reason for it to maintain its hypertrophy state, there's no reason to keep the same size because you're not stressing it anymore."



Michael Neveux

## DID YOU KNOW?

IFBB Pro Toney Freeman appeared on several episodes of the notorious *Jerry Springer Show* in the late 2000s. The X-Man appeared as a guest security guard and certainly was the most imposing and intimidating amongst the guards' line up.



Jason Mathias

## CHAINS FOR GAINS

Does training with chains and elastic bands achieve anything other than getting stared at in the gym? A recent meta-analysis looked at studies involving chains and bands, technically called 'variable resistance training' (VRT). The idea behind VRT is that these methods can improve various factors, including muscle coordination, motor unit recruitment, the rate of force development and pushing past sticking points.

Although the analysis only looked at seven studies, the conclusion was that training with chains and elastic bands significantly improved maximal strength compared to conventional weight training alone. This was found to be the case for both athletes and untrained subjects alike.



Michael Neveux



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# SELFIE SHTICK

Sure, we all say that the guys and girls on Facebook who constantly update with selfies are narcissists, but might it actually be true?

A recent study looked at the self-reports of more than 500 Facebook users on the topics of self-esteem, narcissism, motives for using

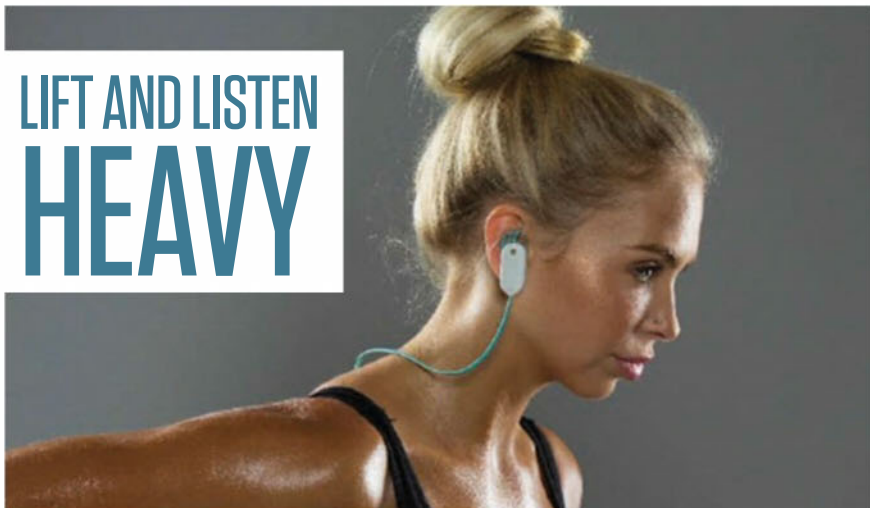
social media and the frequency of updating their statuses. The results found that narcissists were more likely to update Facebook about their diet and exercise routines, and more often reported using the social media website for attention-seeking and validation.

"Furthermore, narcissists' tendency to update about their accomplishments explained the greater number of likes and comments that they reported receiving to their updates," said the authors of the study, to be published in the journal *Personality and Individual Differences*.



Getty

## LIFT AND LISTEN HEAVY



Raw Audio

Stress in your life? Of course there is. But that's what the gym's for, right? Well, recent research suggests that listening to music is also a great way to relieve stress.

In a study of 55 healthy university students published in *Psychoneuroendocrinology*, it was found that listening to music effectively reduced subjective stress levels — that is, self-reporting. Furthermore, the study looked at the physiological mechanisms of the stress-reduction function of music, finding that music can positively affect the stress systems of the body, including lowering cortisol concentrations.

Another recent study, from the University of Queensland's School of Psychology, found that listening to heavy metal or 'extreme' genres of music in particular helped participants cope with anger and depression. (Duh, say the metalheads.) That study was published in *Frontiers in Human Neuroscience*.

So if you're not wearing earphones in the gym, maybe give it a go. And while you're at it, chuck on some At the Gates.

## VERBATIM

**These fitness personalities said it on social media this month.**



Silvio Morelli

*"I also think that it's at times the athletes' inability to train our breathing more than you think, as we are all much larger than our predecessors ever were. Oh and Arnold as we know had no legs so let's remind ourselves [of] that."*

— **Phil Heath, facebook.com/philheath**

Mr. Olympia weighs in again on the storm Arnold stirred up by calling out the distended bellies of the top pros.



Daniel Kim

*"Seriously, wtf is the point of watching Game of Thrones anymore? I simply cannot invest any more emotion in a show that so regularly destroys any attachment I form with it."*

— **Calum von Moger, facebook.com/calumvonmogerbodibuilder**

The Aussie WFF Mr. Universe has had enough of the fantasy saga.



Roland Baak

*"Some people probably wonder how many surgeries its gonna take before I finally wise up and quit lifting all this heavy ass weights. I say as many as it takes because that's something I'm never gonna do. I'll be lifting this heavy ass weight till the day I die, why you ask? Because it's in my genes, it's who I am, and it's who I'll always be, so quit wondering."*

— **Ronnie Coleman, @ronniecoleman8**

The eight-time Mr. Olympia isn't slowing down, despite soon going in for another round of back surgery.



Supplied

*"I love when I meet an old bloke that has something against muscular young men and proclaims going to the gym to get muscular and strong is cheating and that it should be done the 'Man's' way' — by labouring on a job site. Dem bricks' labourer calves."*

— **Mike Pearson, facebook.com/Mikepearsonbodybuilding @Mikepearson\_**

The Aussie Junior Mr. Universe finds the funny when people critique his physique.



# HUMAN

## EVOLUTION SUPPLEMENTS



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Arnold with *Project* presenter Peter Helliar.

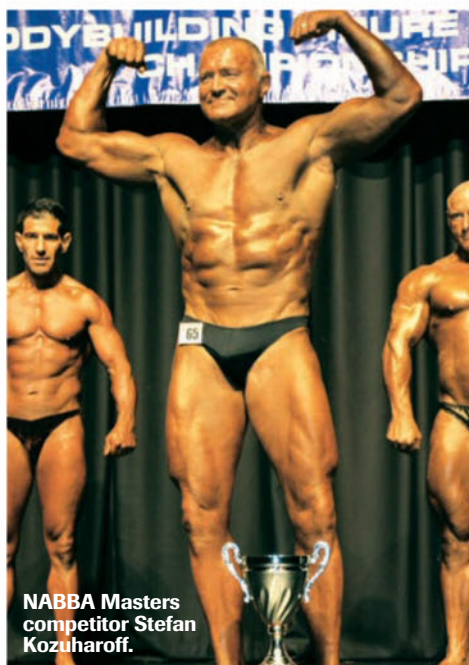
Network Ten

## ARNOLD'S PROJECT

In June, Arnold Schwarzenegger played co-presenter to the hosts of Channel Ten's *The Project* with the Austrian Oak sharing some interesting facts about his bodybuilding and acting career, most notably his screen name Arnold Strong and the origins of his now iconic line, "I'll be back." Despite his age, Arnold is still a joy to behold easily able to charm the co-hosts and audience with his witty and charismatic persona. Most of you would have already seen it by now and if you haven't it is certainly worth a look.



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NABBA Masters competitor Stefan Kozuharoff.

## NABBA'S POLICY CHANGES

An important announcement with recent changes to policy of NABBA/WFF Australia: all female competitors over the age of 45 are now required to compete in the NABBA Masters Over 45 division, while all men over the age of 50 must compete in the NABBA Masters Over 50 division. WFF Figure Masters has the compulsory age range of 35 to 45 years of age, while the WFF Men's Masters has the compulsory age range of 35 to 50 years of age. For more information please visit [www.nabba.com.au](http://www.nabba.com.au)

## RIP JUSTIN RYS

As with much of industry, we are both shocked and saddened to hear about the sudden passing of New Zealand bodybuilding personality and former pro Justin Rys. Rys was a larger than life personality with his fair share of fans as well as a turbulent and colourful career both on and off stage. Rys will be remembered not just for his massive physique but also his later campaign against steroid abuse, even appearing on TV expressing his thoughts on the topic. Our heartfelt thoughts go out to Justin's family and friends.



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## NATURAL PROGRESSION

Great news for ANB stalwarts. The ANB Victorian State Championships is now making itself a qualifying event for both the ANB Australia National Championships and Ultimate Fitness Events (UFE) World Qualifier. The natural powerhouse has been continuously innovating over the last few years and is now set to attract more competitors with the overall Bodybuilding and Figure winners, as well as all Model division winners automatically qualifying for the UFE World Championship held in Toronto in November this year.



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# Learning the Overhead Press

By Scott Paltos

The overhead press disappeared from mainstream gyms for a good decade or so when machine or plate-loaded versions took over. However, some of the strongest and best physiques in the world stayed true to the classic barbell version of this lift. The overhead press, along with its variations like the push-press, strict press, and push-jerk, was tossed aside because it wasn't considered safe. In all honesty, it was perfectly safe, it just wasn't taught correctly.

If taught and progressed properly, the overhead press can lead to increased muscle size, strength, mobility and overall full-body connection and coordination. There can be a ton of crossover into your other lifts as well. Do not be afraid to incorporate the overhead press into your training. Take a look at the points below to learn the correct way to use this valuable old-school exercise.

**1. First, assess your ability** to do the overhead press. This lift is not for everybody. If you have a major upper-body internal rotation (your shoulders are rolled forward like a crab and your back is hunched), then progression is necessary. You need to spend some time learning how to work the muscles that will help postural correction. Start doing plenty of upper-back and lat work (face-pulls, shrugs, pulldown variations) and your posture will soon get better.

**2. While you are correcting your posture, you can still progress** with dumbbells or other bilateral objects. There may be a slight deviation in the path with a dumbbell or kettlebell, but the movement can be accomplished with fewer safety issues than a barbell presents.

**3. There is a place for both** the standing overhead press and a seated version. As a strength

coach, however, I prefer to always start standing to allow that full-body connection I mentioned earlier. You need to begin with a solid base. Make sure your feet are under you. They may be under your hips or a little wider, but they should not be too close or too wide. Find a good solid power position.

**4. The grip for an overhead press** will not be as wide as a powerlifter takes in a bench-press competition, but not as close as a bodybuilder hitting his triceps with a close-grip bench press. Take a grip that is just about shoulder width.

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**The overhead press, along with its variations like the push-press, strict press, and push-jerk, was tossed aside because it wasn't considered safe. In all honesty, it was perfectly safe, it just wasn't taught correctly.**

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**5. Using a full grip** with your thumb wrapped is critical for safety. I know a lot of athletes who use a thumbless grip (I am one of them,) but this is strictly for an advanced trainer with detailed knowledge and experience with this pressing angle. Even intermediate lifters should wrap that thumb around the bar. Use a firm grip, but no need to strangle the bar with a death grip.

**6. Once you unrack the bar, let the barbell rest** on top of your shoulders with your elbows slightly tilted up and out. This is called the rack position. If you have ever watched an Olympic weightlifter, their rack position is

perfectly set across their shoulders and upper chest. The bar effortlessly rests there. Other people with poor range of motion may have a little distance between their shoulders and the barbell. Do not position the elbows behind the barbell. The elbows should be in line or slightly forward of the barbell.

**7. In the rack position, fire up your lats.** This doesn't mean the shoulders aren't going to be loaded, but engaged lats will allow for a safer and stronger movement. By creating a depressed and activated lat, the elbows will have a shelf to press off. The lats contribute to making the lift safer and with a better path.

**8. Once the press is initiated, you need to make sure** to get your head out of the way of the bar path with a slight "turtle" motion before returning it to neutral. The wrists, elbows, and shoulders need to all finish stacked directly over each other and alongside your ears. They should not be behind your head or in front. When done properly you will see a perfect joint alignment from the side. This is the safest position as it is not connective tissue holding the load, but structural integrity.

**9. Keep that belly filled** with air and firmly pressed out. This allows the hips some freedom of movement while the spine is kept as structurally strong as possible.

**10. The amount of leg drive** will depend on the type of overhead press you perform. The strict press has zero leg drive. The push-press uses the legs and allows you to push a heavier load. The jerk (push or split) uses two dips to enhance driving the bar. This will allow the biggest load advantage but demands some instruction in the technique. All three variations can be utilised with great gains.





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# FIRST RESPONDER FITNESS

Police and firefighters have a new reason to hit the gym: It saves their lives. New research shows that the number-one killer of firefighters isn't heat or smoke, but stress and exertion. In fact, more than 50 firefighters a year pass away from job-related overexertion. Researchers at California's Humboldt State University's Human Performance Lab are currently creating a program of weightlifting, high-intensity interval training, agility drills, endurance training, and flexibility work aimed at first responders. The scientists at Humboldt hope their work gets adopted by many of the government agencies, including FBI, firefighters, and some law enforcement, that do not require annual fitness tests for their officers. They believe that improved strength and conditioning will give these heroes a better chance of going home to their families after their shift is over.



## IS YOUR IPAD MAKING YOU FAT?

Are the digital sweets in Candy Crush making you gain weight? If you find yourself glued to your iPad well into the evening, then it's quite possible. Nighttime exposure to blue-enriched light, the type emitted from computer screens, smartphones and tablets,

has recently been linked to increased hunger, decreased sleepiness, and insulin resistance, says a study published in the journal *Sleep*. Make an effort to unplug in the PM hours, especially around bedtime when the urge to snack can be the most tempting.



## LIFT MORE, SLEEP BETTER

Everyone knows that if you hit the weights, you need to sleep well. It also turns out that if you don't sleep well, you should hit the weights. Sports scientists at Appalachian State University in North Carolina found some interesting correlations between hitting the sack and hitting the iron. For one, all subjects in their experiment slept better on days they trained in the weight room. Specifically, when

subjects lifted weights early in the morning they were able to fall asleep earlier at night. Strength training later in the day reduced the number of times they woke during the night. Adequate sleep is not only one of the most important factors for recovery, but also a long-term predictor of good health, mental wellbeing, and longevity. Working to improve sleep habits should be a priority for everyone.



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Bob Paris.

Naveux

**Q: I have just starting training with weights and I feel like my progress has been very slow. How can I tell if I have the right genetics for bodybuilding?**

**A:** There's no such thing as the 'right' genetics for bodybuilding, although of course some people are more genetically blessed than others in terms of ability to build muscle. Legendary strength coach Charles Poliquin once put together a list of questions to ask yourself to determine whether you had 'good' bodybuilding genetics:

**1. How good are your muscle-length attachments?** Poliquin points out that the lower a muscle inserts, the more size potential it has because it has more mechanical advantage and thus more force can be produced. What's a muscle attachment? Think Kai Greene or Ronnie Coleman's lats and how far down their torso they end.

**2. Are your forearms big without being trained?** Poliquin cited a study from the Polish school system that determined the biggest predictor of the capacity to gain strength and power was the girth of a kid's calves and forearms.

**3. Is your hormone make-up conducive to size and strength?**

Growing muscles requires high production of androgen and growth hormone, sensitivity to insulin and low levels of cortisol. People with a superior hormone make-up will have developed muscles in even untrained body parts.

**4. Do you have a superior neurological efficiency?** Basically, how quickly can your body adapt? Poliquin put like this: "Are you a rep guy or a weight guy?" A rep guy will do more reps at a lower percentage of his max, while a weight guy has the advantage in being able to achieve maximal loads for lower reps, thus tapping into a greater portion of his muscle fibres.

**5. How good is your black box?** Intelligence is underrated when it comes to bodybuilding but it is so important for many reasons. Intelligent people find solutions to training problems, notice more things and can course-correct and find better methods.

In the end, though, you can't change your genetics, so there's no point getting hung up on it. Just do you, and sooner or later you'll see results.

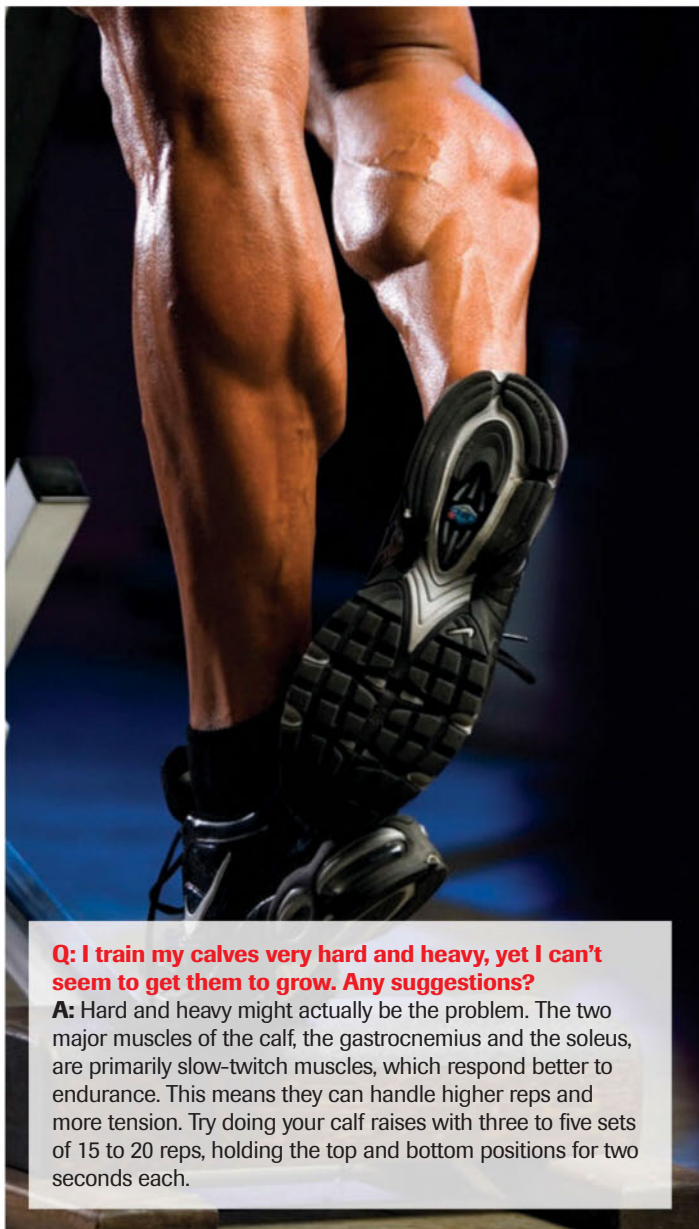


**Q: I work long hours and regularly only get four or five hours sleep per night. I mostly train in the mornings, before work, and I feel like I'm training hard but I always seem to run out of steam early, especially on squats and deadlifts. Do you have any tricks to keep my energy up during my workouts?**

**A:** There are a number of pre-workout and intra-workout supplements that you could be looking at, but the number one thing is sorting out your sleep patterns. Remember, your muscles don't grow in the gym — they grow when you're at rest. In a study from the 90s, researchers took eight teenage males and had them sleep for only three hours a night for three consecutive nights. They then had a four-day phase of normal sleep. At the same time, the subjects were on a training program of biceps curls, bench presses, leg presses and deadlifts. What the researchers found was that lack of sleep didn't affect biceps training but did affect the bench press, leg press and deadlift. The implication is that large muscle-mass exercises are affected more adversely by a lack of sleep than exercises of smaller muscle areas, such as the arms.

*Reference: Reilly, T. et al (1994) The effect of partial sleep deprivation on weightlifting performance. Ergonomics, 37: 107-11*





**Q: I train my calves very hard and heavy, yet I can't seem to get them to grow. Any suggestions?**

**A:** Hard and heavy might actually be the problem. The two major muscles of the calf, the gastrocnemius and the soleus, are primarily slow-twitch muscles, which respond better to endurance. This means they can handle higher reps and more tension. Try doing your calf raises with three to five sets of 15 to 20 reps, holding the top and bottom positions for two seconds each.

**Q: My quad routine consists of leg presses, leg extensions and squats. I train hard, but my quads still don't grow. What am I doing wrong?**

**A:** Real talk: Do you really 'train hard' or do you actually leave a couple of reps in the tank at each set? Doing leg press, leg extensions and squats means your training energy is actually being split across three quads exercises. Whether you realise it or not, you're probably holding back on some of your sets just so you can get through the rest of your workout. Perhaps focus on only the main exercise here: the squat. If you can squat with correct form, that's all you really need to grow your quads. Of the three exercises you currently do, it's the one that will give you the most bang for your buck in terms of quad improvement. By training this way, you're giving yourself the best chance of being able to train your quads hard.

As always, allow sufficient recovery time between workouts, get enough sleep and eat well. You should be able to add a little to the bar every week or two. Your quads should grow in no time.



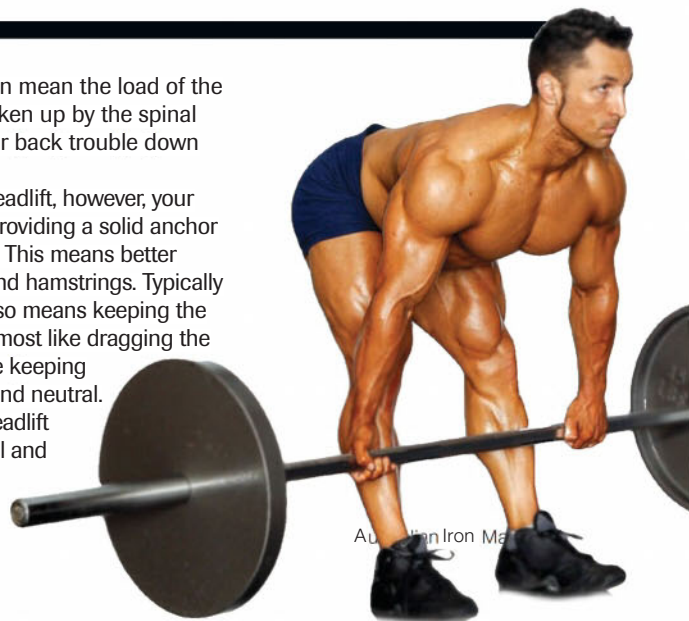
**Q: What's the difference between a Romanian deadlift and a stiff-legged deadlift?**

**A:** Although superficially similar, there is an important difference between the Romanian deadlift (named for the success it brought to Romanian-born American weightlifting coach Dragomir Cioroslan) and the stiff-legged deadlift. In the stiff-legged deadlift, your knees are in an extended position — the clue is in the name. However, because your knees are locked out, the iliotibial band, which is the tissue that runs up along the outside of your thighs from the knee, isn't in a taut position, affecting the muscle fibres of the glutes' ability

to fire effectively. This can mean the load of the stiff-legged deadlift is taken up by the spinal erectors, leading to lower back trouble down the road.

With the Romanian deadlift, however, your knees are slightly bent, providing a solid anchor for your glutes to pull on. This means better activation of the glutes and hamstrings. Typically the Romanian deadlift also means keeping the bar closer to the body, almost like dragging the barbell up the body while keeping your lumbar spine tight and neutral.

Thus the Romanian deadlift is a much more functional and beneficial exercise.



# Angling for Growth

By Ron Harris

## A new slant on chest development.

Droopy pecs — is there anything less appealing? I can lay the blame for that common problem squarely on the flat-bench press. So many guys base their chest training on that one exercise, measuring their manhood by the numbers they're able to push up. Often other chest exercises, such as inclines, are given far less priority and are done half-heartedly, if at all. Odds are you fall into that category and don't even realise it. Stand sideways facing a mirror and objectively note the shape of your chest. Is it high and full, or is it bottom heavy? If you see that your upper chest is lagging, it's time to make some significant changes in your routine. Here's what you need to do for proportionate pecs.


**Incline presses come first.** From now on, always start your chest workout with an incline press. You can do it with a barbell, dumbbells, a Smith machine or the excellent Hammer Strength incline press machine. It's absolutely critical because that's when you can use the most weight — when you're fresh. That's how most guys treat flat-bench pressing, which is what leads to the pendulous-pec problem in the first place.

Consider doing only incline movements. In extreme cases you should consider doing all chest exercises, both presses and flies, on an incline angle. The middle and lower chest will receive enough work



to maintain existing mass, but the upper chest will have a chance to catch up. It's tough for a lot of lifters to give up the exercises they may have been in love with since they were in high school, but you've got to do it if you really want the best chest you're capable of owning.

**Don't let the front delts take over.** I often see trainees making a huge mistake by performing their incline presses at too high an angle.

Once the bench is set at more than 30 degrees, the exercise hits the front deltoids more than the upper chest. I realise that many incline benches are already set too high for proper stimulation, so it would behoove you to simply stack plates of place a milk crate under one end or a flat bench to create the proper angle. Otherwise, you could wind up with bottom-heavy pecs, big front delts and a hollow where your upper pecs should be bulging. 

## CONDITIONING



## PUMPED UP EFFECTS

For those who love to lift but hate cardio, you may be in luck. Resistance training raises high-density lipoproteins (HDL), the good cholesterol, reducing heart disease risk. It also changes the body profile to add more muscle and less fat, which reduces heart disease as well. If you have 20 extra minutes to jump on the stationary bike, go for it. It's good insurance. But if you don't have the time, weight training is probably giving you some good cardio benefits all by itself.





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## Three Things

By Fredrik Paulún

Billions of organisms in your gut help you get lean and muscular  
— you need to keep them happy.



Sometimes it feels as if you are in it alone. It's up to you to get to the gym in time, to push through the session, eat the right foods, and get sufficient recuperation. You might feel like it is a solo endeavour, but you are not alone. You have a team of billions of bacteria currently colonising your intestines that are working to help you get leaner and stronger. They are called the gut flora, intestinal flora, or microbiota. But aren't they just parasites living on the food you eat? How can they possibly affect your shape in any way? The answer is long and complex, but you should view them as billions of tiny personal trainers helping you reach your goal of less body fat and more muscle.

### Good bugs versus bad bugs

Approximately 100 trillion microorganisms and between 10,000 and 36,000 different species of bacteria (depending on which scientist you ask) currently reside in your gut. The numbers are massive, and it's not hard to imagine their profound effect on your health, especially when you consider that the organisms could be good or bad.

Studies on both humans and animals show that bad microbiota contain bacteria-producing endotoxins, which actually means 'inner toxins' and are substances located in the cell membranes of the bad bacteria. When the bacteria die, the toxins are released and some are absorbed into the host's bloodstream. An infection is often dangerous because of the endotoxins rather than the bacteria itself.

The good bacteria produce vitamins (such as vitamin K and biotin) and break down xenobiotics that otherwise could harm your health and disturb normal hormone function. They also ferment dietary fibre, which results in the formation of short fatty acids and

Neveux/Model: Akro Rahim





makes it possible for you to absorb calories from fibre and the positive effects of those short-chain fatty acids. Studies have also shown that they offer protection from colon cancer, diabetes and general inflammation. Some people have even cleared up allergies with probiotics.

### Better digestion

The food you eat is digested in all different stages of your gastrointestinal tract, from the mouth to the rectum. If this process is not effective, you will get problems such as bloating and pain since partly digested food creates gas and retracts water, which may lead to loose stool. You will also get deteriorating results from your exercise since your muscles will not get the energy and building blocks they need to recuperate. Your endogenous enzymes can only do so much, and the structure of foods, especially many vegetables, requires bacteria to break down. That's why cows and many other animals ruminate to enable the bacteria in their stomachs to break down the cell walls of the grass. Studies show that if you optimise your own intestinal tract's ability to take care of what you eat and with the right microbiota, you will have an easier time to digest your food, and at the same time you get more nutrients to your hard-working muscles. This makes you stronger and your recuperation faster.

### Stronger immune system

There is nothing more irritating than that itchy feeling in the back of your throat that you know is a precursor to getting sick, especially when it appears just as you were training harder than ever. The fact is, our body is more prone to illness when we are pushing it to the limit physically. For one, muscles use so much glucose during intense training that less is available for the immune system. Your cell metabolism is also generating more free radicals than usual since every calorie you burn and every breath you take actually produce these. So all the calorie-burning exercise and muscle-building meals you eat can begin to work against you. Free radicals are good for you in a limited amount because they stimulate muscle growth and your immune system uses them to combat bacteria and other microorganisms that could make you sick. However, too

many free radicals will generate cell damage and premature aging. That's why you should do everything in your power to avoid even simple respiratory-tract infections when you're hitting the weights hard or pushing your conditioning to the limit. One of the best reasons to boost your microbiota is to make it strong enough to withstand potential pathogens. Experts claim that up to 70 per cent of your immune system is located in the intestines and fewer infections is one of the most notable effects of a strong microbiota.

### Bigger and leaner

As previously stated, endotoxins found in bad bacteria are highly pro-inflammatory and the greater intake of fat you have, the more endotoxins you absorb. That's because the endotoxins are fat-soluble and follow the dietary fat into the body. Therefore, a high-fat diet is related to a greater degree of inflammation, which is further exacerbated if the quality of the fats consumed is poor (trans fats, saturated fats). My suggestion is to limit fat intake

to a maximum of 40 per cent of daily energy intake and focus on eating healthy fats such as omega-3s and monounsaturated fats from sources such as avocado, almonds, and fish like salmon and mackerel. Another problem for athletes is that the endotoxins decrease muscle protein synthesis, the very process of building muscle. The results are weaker muscles and smaller muscle mass, which should be a motivating enough reason to improve your gut flora.

Keeping the friendly bacteria happy is also a good strategy when it comes to cutting body fat. High levels of endotoxins create inflammation, which lowers insulin sensitivity and increases fat accumulation. Interestingly, junk food is associated with a lower intake of the nutrients that strengthen and feed microbiota. Some obesity researchers are now focusing on the power of our microbes as a way to combat the epidemic of rising body weight. Is losing weight as simple as optimising the gut flora? That's probably too simple of an answer, but it's a good start. Interestingly,



Approximately 100 trillion microorganisms and between 10,000 and 36,000 different species of bacteria (depending on which scientist you ask) currently reside in your gut.

a high intake of sugar makes the gut flora crave more. It seems as if the bad bacteria actually manipulate your brain to consume more sugar. (It sounds like a bad excuse for someone to eat a whole block of chocolate, but the phenomena is real.) As you know, reducing sugar intake is one of the most effective ways to lose fat. It is proven that sugar will induce the growth of bad bacteria that will send out signals that will make you consume more sugar. This is one reason why it becomes easier to avoid refined sugars the longer you keep away from it.

### Managing your microbes

Now we have reached the million-dollar question: How do we get a stronger microbiota, making us more muscular, leaner, healthier, and less prone to infection? The first step is obvious: Avoid antibiotics that kill off the good bacteria. Do everything possible not to let your

health lapse to the point that you have an acute infection and need to take a cycle of antibiotics. These drugs are indiscriminate killers of bacteria and will wipe out the good microbes along with the bad. The worst-case scenario is that the bad bacteria actually get ahead in colonising your intestines, which leads to a long-lasting imbalance. Also, avoid chronic use of over-the-counter antacids and acid-blocking products.

Next, feed the good bacteria dietary fibre. Whole grains, fruit, nuts, seeds, beans, peas, lentils, berries, vegetables, root vegetables, and mushrooms are good natural sources of fibre, and every meal should contain a considerable amount of these foods. You should cut back on red meat and dairy products because they can change your gut flora for the worse in a matter of days. Get the majority of your protein from fish, eggs, chicken and seafood instead.



**You should cut back on red meat and dairy products because they can change your gut flora for the worse in a matter of days. Get the majority of your protein from fish, eggs, chicken and seafood instead.**

You should also avoid refined food in general since they are high in glycemic carbohydrates and additives. Lastly, eat foods that contain good bacteria. As long as the food is not heated, you will get a healthy portion of good bacteria in products such as sour cream, yoghurt, sauerkraut, kimchi and kombucha. You can also use a high-quality probiotic supplement. You should aim for a supplement with a wide range of different probiotic bacteria species since different species do different things. Make sure to get at least one billion colony-forming units (CFUs) per dose. If you're coming off a cycle of antibiotics, or trying to clear up a persistent digestive or health issue, then increase the dose to 10 billion CFUs.

Fredrik Paulín is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specialises in improving body composition. For more info, check out [paulunsfood.com](http://paulunsfood.com).





Darren Burns



## CRUMBED CHICKEN

Practically every pub menu in Australia will feature good ol' crumbed chicken of some description. A perennial favourite, the hand-made and pan-fried version, as opposed to the frozen and deep-fried one favoured by many establishments, is hard to beat for satisfying flavour and texture. However, when accompanied by lashings of gravy or smothered in tomatoes and cheese, the standard-issue crumbed chicken can be a bodybuilder's nightmare nutrition-wise.

My crumbed chicken came about after a conversation with my daughter Casey, a dietitian who is now a doctor, and who is often my first port of call when I need nutrition or dietary advice. Fortunately Case is also a wonderful cook and an absolute foodie like her mum, so she provides me with inspiration when mine fails. I'd been struggling with the recipe for my new high-protein, low-carb slice and Case suggested LSA (linseed, sunflower seeds and almonds) as a main ingredient. This has worked perfectly and LSA is now a standard in my pantry and the highlight of this dish.

### Ingredients

- 50g no-fat Greek yoghurt
- 200g chicken breast

- ½ tsp garlic, finely chopped
- Cracked black pepper to taste
- ½ tsp lemon zest
- 50g LSA
- Olive oil spray
- ½ bunch broccolini, steamed or microwaved

### Method

1. Cut chicken breast into thin slices.
2. Mix yoghurt, garlic, pepper and zest in a medium-sized bowl, and put LSA in another bowl.
3. Dip chicken breast into yoghurt mix and then into LSA. Then press down firmly with the heel of your hand and place coated breast slices onto a plate with baking paper on it.
4. When all slices are coated, place them in the fridge for half an hour to allow the crumbs to settle and firm. This will prevent the crumbs from falling off when you cook the chicken.
5. Spray a non-stick pan generously with olive oil spray and heat to moderate. Gently place the chicken slices in, taking care not to dislodge the crumbs.
6. Cook until brown on one side before turning. You may need to lower the heat a little for the second side to prevent burning.

7. Prepare the broccolini while the chicken is cooking.
8. Place cooked chicken decoratively on a serving plate and add broccolini for extra colour and nutrition.

### Chef's notes

- You could use turkey, pork, lamb, kangaroo or beef in place of the chicken.
- If you don't mind additional fat, you could use a generous amount of olive oil in the pan instead of the spray.
- Any combination of colourful vegies or salad would combine equally well with the chicken.
- Hazelnut meal, almond meal or macadamia meal would also make delicious coatings.
- The bulk of the energy in this dish is found in the good fats of the LSA.



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

# FASTING MADE EASIER

Intermittent fasting, the practice of eschewing food for 16 hours a day or one 24-hour period a week, has been a hot topic in fitness circles the last few years. If you're curious about trying it, stock up on some L-carnitine first. Chinese scientists found that subjects who fasted and supplemented with L-carnitine not only lost more weight but their waist circumference got smaller and they suffered fewer feelings of hunger during the experiment than those taking a placebo. They also felt less mental and physical fatigue than the placebo group. Researchers even believe that the L-carnitine conferred some protection to their existing muscle mass during the fast.



## PUTTING THE 'PEA' IN PROTEIN

It's commonly believed that vegetarians have a harder time adding muscle to their frame since they do not have the benefit of animal protein. But a recent study shows that post-workout protein shakes made from pea protein are just as effective as shakes made from whey protein. Scientists at a French research institute published this conclusion in the *Journal of the International Society of Sports Nutrition*. Researchers followed 160 men, aged 18 to 35, as they went through a 12-week arm-training program. At the end of the study, the men who took 25 grams twice a day of either whey or pea protein increased the thickness of their arms more than those who took a placebo. The increase in muscle was almost identical between those who consumed whey protein and those who took pea protein. Whey protein has plenty of other benefits that help drive changes in body composition, but it's good to know that vegetarian or vegan bodybuilders have access to an effective plant-based protein.



## ADD SOME SPICE TO YOUR DIET



Two of our favourite things have been proven to help get you shredded: hot sauce and protein. A Dutch study published in the *Journal of Nutrition* examined several groups of people who experimented with calorie intake, protein consumption, and supplementing with capsaicin, the active ingredient in chili peppers. Subjects who were on a diet that reduced their daily maintenance calories by 20 per cent but who ate high-protein meals and took two capsules of capsaicin (a combined 40,000 Scoville units) at every feeding experienced the greatest energy expenditure. Scientists believe that the combination of protein and capsaicin prevented the metabolic slowdown that usually happens when cutting calories, while it also increased the feeling of fullness, which helps compliancy when dieting.



## LIVE LONGER AND STRONGER

Maintaining muscle mass into your later years is a key factor in longevity and quality of life, and it seems that everyone's favourite supplement can help this process. Muscle-promoting creatine, long thought to be the most effective bodybuilding supplement in history, might actually help you live longer. German researchers gave one group of mice creatine with their meals and another group was given food without creatine. The critters who ate creatine lived almost 10 per cent longer than the others. The creatine mice were also more active into their late age and seemed to have better mental capacity. Since creatine has an impressive and lengthy track record of safety, scientists are excited about its potential to extend healthy human aging.



## EAT YOUR VEGETABLES

After a wide-scale study of nearly one million people, conducted by American and Chinese nutritionists, scientists have come up with an actual measurable benefit to consuming fruits and vegetables. Researchers found that for every 80 grams of produce (approximately one serving), you decrease your risk of fatal cardiovascular incident by five per cent and chance of developing a fatal form of cancer by three per cent. They also discovered that the optimal intake of fruit and vegetable consumption is about 450g (five to six servings) a day. Just be sure you get a wide variety of fruits and vegetables that run the whole spectrum of colour, including dark green, orange and red-purple coloured produce.



## BE SURE TO DRINK (WATER) AND DRIVE

It's not just athletes who need to worry about their performance suffering when they get dehydrated. A recent study published in the journal *Physiology & Behavior* examined the effect of mild dehydration on drivers who performed a simple but monotonous driving task. Concentration and alertness decreased when drivers were parched and the rate of error went up to the point that the dehydrated drivers' performance was similar to that of someone who had a blood alcohol content of 0.08 per cent. Life is performance, so make sure your body is prepared by drinking plenty of (non-alcoholic) fluids throughout the day.



## FAST FOOD MAKES LIFE TERRIBLE



At first glance, the study out of the University of Toronto that shows that exposure to fast food makes life less pleasurable might seem like the most obvious scientific discovery of all time. The surprising part is that the results had nothing to do with the calories, trans fats, sodium and high-glycemic carbs in fast-food fare. The researchers merely showed subjects images of hamburgers and that was enough to diminish the feelings of happiness that come from experiencing art, nature or music. Scientists surmise that the food represents the high-stress fast-paced modern lifestyle that quietly exacts a toll on our human experience. So if you think that meal prepping every Sunday makes your life miserable, think again. Put on some music while you chop those vegetables and revel in the simple, slow pleasures of life.



## GREEN TEA FOR A COMEBACK

If you're returning to the gym after some time away, start drinking green tea right now. *Epigallocatechin gallate*, the active ingredient in green tea and better known as EGCG, provides a slew of health and fitness benefits to those who imbibe it, but a new discovery makes it especially important for those looking to regain lost muscle. A recent study showed that previously conditioned subjects who drank green tea and resumed exercise after a period of inactivity regained their lost strength and muscle mass more quickly than those who did not drink the brew. Just one more reason to have that cup of green tea with your sushi.

## POTASSIUM POWER



Potassium does lots of good things for bodybuilders. It helps control insulin, which increases the potential for more fat burning. It also helps the body use and store protein, for building

bigger muscles. Even so, bodybuilders tend to short-change themselves with this mineral in its naturally occurring state. Basically, they don't eat enough vegetables. Veggies don't have a lot of calories and are filling due to their high fibre content. Stick with cruciferous vegetables most of the time — broccoli, cabbage, cauliflower and mustard greens. Not only are they high in potassium, but they're also anti-estrogenic, which means they can help tip the balance towards testosterone, the muscle-building hormone.



# 50

The number of calories (209kJ) you'll burn just by reading this magazine for half an hour, assuming an average weight of 190 lbs (86 kg). OK, sure, the calories are most likely what you'd expend from your basal metabolic rate/maintenance processes but, hey, any excuse to flick through *Iron Man* a little longer, right?

## SIP FOR SIZE

Research out of France found that men who sipped a shake containing 30 grams of protein for seven hours increased muscle size more than those who drank the entire serving at once. Can you say, tricking-feeding muscle growth? If you can't sip a drink during the day, swallow two or three branched-chain amino acid capsules every 20 or 30 minutes.







## VITAMIN D-LIGHT

Did you know that vitamin D isn't a vitamin at all? It's actually a hormone that's manufactured by the body when skin cells are exposed to sunlight. It's found in very few foods, although some milk is fortified with vitamin D, which is essential for getting calcium and phosphorous in teeth and bones.

## THE 'FIT FOOD' MYTH

A recent study found that foods branded as promoting fitness may actually lead to overconsumption and exercising less. The study, published in the *Journal of Marketing Research*, found that in people who were trying to 'watch their weight', the labelling of products had a significant effect. When faced with the option of snacks labelled either 'fitness' or a generic 'trail mix', participants ate more of the 'fitness' foods and ended up exercising less.


"Unless a food was forbidden by their diet, branding the product as 'fit' increased consumption for those trying to watch their weight," write authors Joerg Koenigstorfer and Hans Baumgartner. "To make matters worse, these eaters also reduced their physical activity, apparently seeing the 'fit' food as a substitute for exercise."

So don't fall for the running shoe on the sugary cereal!



## VITAMIN C FOR A+ PERFORMANCE

Vitamin C is crucial for keeping your body at its peak performance level. It protects your body from free-radical damage and reduces the stress hormone cortisol, which breaks down muscle and encourages fat storage. Strengthening your immune system is what it's best known for, but vitamin C also helps increase iron absorption.

Everyone knows oranges are a great source of vitamin C, but there are many others you might not have thought of. Limes in particular are a good source of C and flavonoids that stimulate your digestive enzymes, easing constipation and nausea. They also fight fatigue, making them a helpful workout partner. In addition, eating strawberries, chilli peppers, capsicum, Brussels sprouts and broccoli can boost your C intake. 





# PAUSE







# FOR

*THIS GYM-TESTED TRAINING  
PROGRAM CAN MAKE YOU  
BIGGER AND STRONGER IN  
A MATTER OF WEEKS*

BY JAY ASHMAN

PHOTOGRAPHY BY MICHAEL NEVEUX

# STRENGTH

## PAUSE FOR STRENGTH

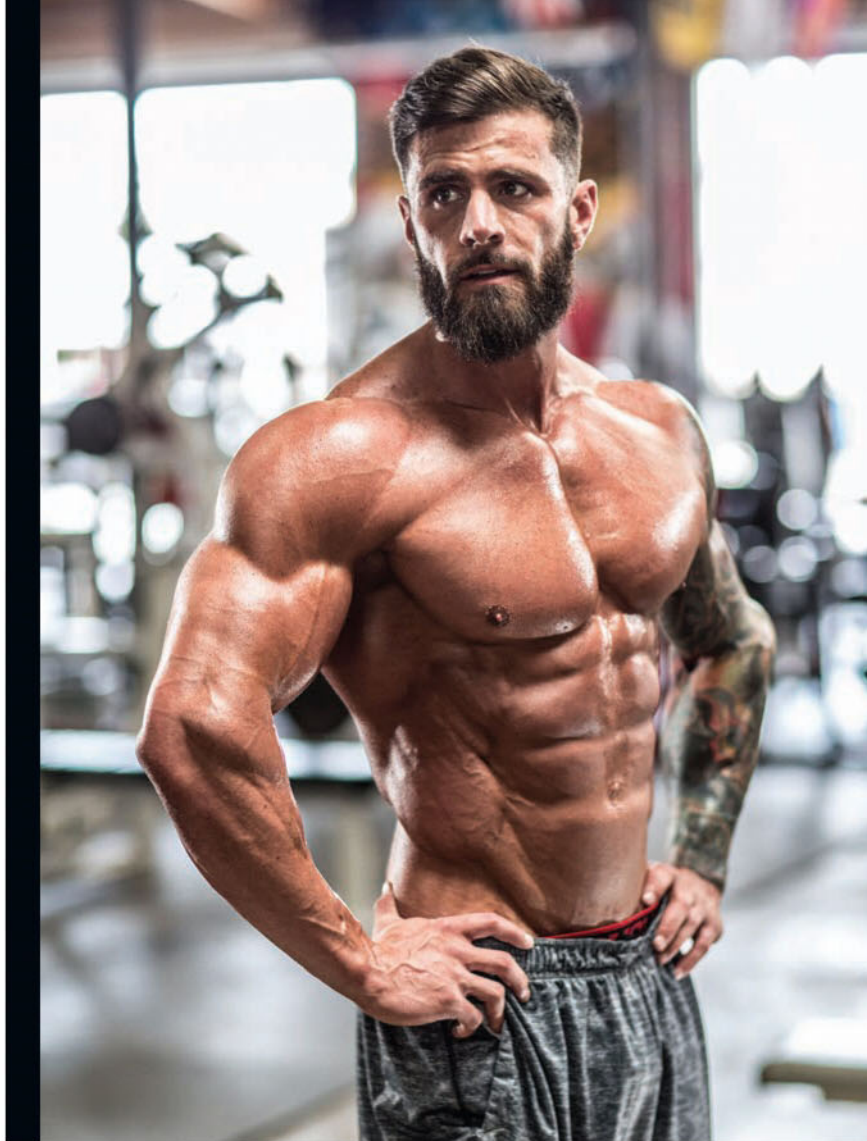
# WHAT IF I TOLD YOU ABOUT A PROGRAM THAT HAS HAD THESE RESULTS:

*Increased a lifter's deadlift from 560 (254 kg) to 630 (286 kg) in 12 weeks; allowed a first-time powerlifter to win his class and set a national record for bench press; helped a man set a lifetime PR for his deadlift that he had been chasing for over a year. You would probably be intrigued, as most of us would be who pursue strength in the weight room. The good news is that you are going to get a sneak peek into this program.*

This peaking program makes liberal use of pause lifting work, the Rate of Perceived Exertion method, and targeted accessory exercises designed to build the supporting muscles to support bigger lifts. It demands effort, it asks you to be honest about your own lifting, and it requires the discipline to stay within the parameters of the daily workload. It has also been tested on dozens of real people who have seen impressive results from it.

### PAUSE LIFTING

Pause lifting is very simple to do, in theory. At a specified point in the lift, you will stop and hold the weight before you continue on the concentric path of the movement. With the squat, you will pause in the hole for the specified time, either a one, two or three count. The bench press will be paused on the chest, and the deadlift will be paused about



## DAY ONE

### ❶ PAUSE SQUAT

(RPE 8, 3X4)

The goal today is to find your RPE 8 for four reps and then repeat that for three sets of four. You will use the same weight for all three sets. Perform a one-count pause in the hole for each squat.

### ❷ FRONT SQUAT

(RPE 7, 3X6)

The front squat is meant to be much lighter than the pause squat and designed to be a quad accessory lift.

### ❸ DUMBBELL LUNGE

(3X10 PER LEG)

Unilateral work is often overlooked by lifters because it is so difficult. Learn to embrace lunges because they use muscles you don't often utilise much with squatting. These stretch your hips, work your stabilisers, and add more work to your quads, hamstrings, and glutes.

### ❹ LEG CURL

(3X15)

As with all accessory work, do not train to failure. Performing clean, hard reps across the sets will bring up weaker areas and allow you to gain muscle.

### ❺ ROMANIAN DEADLIFT

(3X10)

This is a complex lift, but it is still an accessory movement. Remember, all accessory work is to complement the big lifts, not take away from them.

### ❻ PLANK

(MAX EFFORT FOR TIME)

Your abs can never be too strong. If you want to lift heavy weight, you need strong abs. This is not debatable. Suck it up and get it done.





two to three inches after breaking from the floor. It is absolutely critical that you maintain your tightness during these interludes. You cannot relax in the hole or rest the pause on your chest. When you relax, you defeat the purpose of the pause by not training the muscles to fire out of the lift.

Pause lifting is beneficial because it helps improve your strength by virtue of holding the weight in a static position for a short time. It can help improve explosiveness by erasing the stretch reflex and teaching your muscles how to pull the trigger without the benefit of a rebound. It also builds core strength and body confidence because you're holding the heavy weight with sheer muscle strength.

All of these are good reasons to utilise pause lifting in your strength program, but like any good concept, the timing is imperative.

## RPE METHOD

RPE stands for Rate of Perceived Exertion. This is a concept that has been around for a while and is becoming more popular as of late as opposed to percentage-based training, where every lift is predicated on your one-rep max. What RPE means is that you will lift according to your daily state in the gym instead of trying to

# DAY TWO

## 1 PAUSE BENCH PRESS

(RPE 8, 3X4)

Instead of the one-count pause, you will pause the bar on your chest for a count of three. You must stay tight on your pauses. Just because it's a longer pause does not mean you rest the bar. Keep your body tight and ready to push the bar off your chest.

## 2 CLOSE-GRIP BENCH PRESS

(RPE 7, 3X6)

The triceps are often a lifter's weak link when it comes to the bench press. You won't see too many lifts missed off the chest, but many lifters can't lock out their arms on a heavy press.

## 3 DUMBBELL INCLINE BENCH PRESS

(3X20)

The idea here is to include extra chest and shoulder work. Keep the weight light and get the reps in.

## 4 CABLE CROSSOVER

(3X20)

After performing three pressing movements for the upper body, I like to add in a stretching exercise at the end. No need to go heavy on these. Keep the weight light, and focus on the stretch and the movement of it. If you have to strain for the last few reps, you're doing them wrong.

## 5 STRAIGHT BAR PRESSDOWN

(3X20)

This exercise develops size and strength in the triceps and mimics the position your hands are in when you bench press.

## 6 HANGING LEG RAISE

(3X15)

You can use straps for the leg raises or even a Roman chair. Be sure to bring the feet above waist level on every rep.





## DAY THREE

### ❶ PAUSE DEADLIFT

*(RPE 8, 3X4)*

This is a difficult exercise, so choose that RPE carefully. Once you break the bar from the floor, pull for a couple inches, then pause for a one count before finishing the lift.

### ❷ DEFICIT DEADLIFT

*(RPE 8, 3X4)*

Standing on only a 45-pound plate make this lift harder and helps you learn how to use leg drive without making the deficit too large and creating a movement pattern that is unlike an actual deadlift.

### ❸ BARBELL ROW

*(3X10)*

Keep your back mostly parallel to the ground and don't cheat these reps by moving the weight with body English.

### ❹ LEG PRESS

*(3X15)*

Perform these with your feet close together and in piston style, moving the weight quickly through the range of motion and without coming down so far that your lower back rounds. Piston-style leg presses help build quad strength to allow for a better leg drive on the deadlift.

### ❺ DUMBBELL ROW

*(3X12)*

Perform these rows one arm at a time with your other arm and that same-side leg braced on a bench.

### ❻ PLANK

*(MAX EFFORT FOR TIME)*

For a more challenging version of this exercise, brace your forearms into an exercise ball. This will demand that you stabilise your body to keep the ball from rolling.



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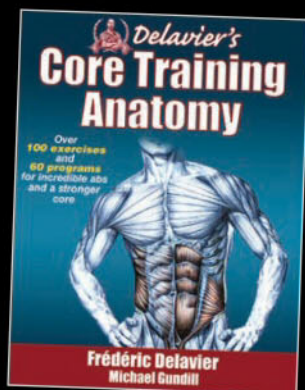




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## PAUSE FOR STRENGTH



force a certain percentage that may be too heavy for that day.

Here's a simple example: You're tired from a long day of work, but your program calls for 90 per cent of your 1RM. You have it in your head that you have to hit these numbers or your workout is a wash. When it comes time to reach 90 per cent, you need help getting the bar to move and it is a failed lift. Discouragement sets in.

Consider the same situation, but instead of using percentages, you have the RPE method programmed to determine your daily intensity. This day calls for a RPE of nine, which is leaving one rep in the tank. RPE 9 is similar to 90 per cent, but it allows deviations as to how you feel for that day. Since the RPE is not based off a predetermined number, it allows some flexibility on days when you're not feeling up to par as well as on days when you feel like you can push more weight.

The RPE scale is simple to follow. An RPE of 10 will be a max-effort lift, the absolute most weight you can move that day. RPE 9 is leaving one rep in the tank. RPE 8 will be have you stop two reps before failure. RPE 7 is submaximal and often used for rep work or speed work when lifting.

The RPE method demands that you be honest with yourself. It requires an element of self-

awareness because you'll be asked to judge how many more reps you can or cannot do. It's important to keep this in mind and constantly be self-assessing as you train.

If you do this correctly, the results you experience will be very comparable to the results you read about in the first paragraph. This is a proven program in which my clients run a personalised version according to their needs and where the testing groups for the upcoming book have all made tremendous progress across the three main lifts as well as with their overall muscularity.

### THE PROGRAM

To give you a sample of what to expect, the first week of the program is laid out for you here. Day one will center around the squat, day two will be a bench day, day three is for deadlifts, and the fourth day is a bodybuilding-style program day for hypertrophy. Each week has four days of training and three days of rest. You don't need more than that, and you won't want more than that in your quest for strength. Each phase of this program is broken down into three-week intervals followed by a deload week, for a total of three phases, each one with a slightly different focus.

The main lifts will utilise the pause technique and the RPE scale. (Note



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## RESEARCH

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# DAY FOUR

### ❶ DUMBBELL FRONT RAISE

(3X20)

Day four is the bodybuilding day, dedicated to the reps and chasing that pump. Dumbbell front raises help build up the front delt so you can support a bigger bench.

### ❷ REAR DELT MACHINE FLYE

(3X25)

These not only protect your shoulders during bench pressing but doing them on a machine allows you to isolate the delt, control the reps, and focus on where you want to build the muscle.

### ❸ SHOULDER-WIDTH PULLDOWN

(3X15)

The next two exercises represent 90 reps of back work. A strong back is a major key to your lifting. If your back cannot support a weight, you will not lift it.

### ❹ CLOSE-GRIP PULLDOWN

(3X15)


Change the bar handle to the neutral-grip V-shaped handle for this exercise. Don't slack on training the back or your lifts will not progress.

### ❺ DUMBBELL HAMMER CURL

(4X15)

We end the week with old-fashioned biceps curls. Yes, even when you're training for strength, you still need to hit your biceps.



the parentheses next to the main exercises, which list the RPE number and the sets and reps). Perform accessory exercises like standard bodybuilding sets. For more info, check out [ashmanstrength.com](http://ashmanstrength.com). 



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## DAVID POCOCK

Wallabies and ACT Brumbies Openside Flanker

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## TRAIN HARD. EAT CLEAN.



# GET AWESOME



By Daniel Hedger

As the advertising campaign promised,  
Arnold WAS there — and so we were we.  
And, judging by the attendance numbers, a lot of you were too.

What was only an unconfirmed rumour 18 months ago became real between March 13-15, but it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Tony Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself. Dexter Jackson backed up his performance in Columbus the week before, where he made history by being the first man to win five Arnold Classics, and won the inaugural Aussie Arnold, despite having only landed in Melbourne the morning of the show. Darvin's And Anwar, originally from Pakistan, caused a

sensation when he won the Over-100 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention. And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting, strongman — Ed the Bull broke the deadlift world record at the event — and one of the largest martial arts festivals Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area. Australian Iron Man and our Blitz Publications stable had a very active booth, with both bodybuilding

and martial arts celebrities making appearances. Iron Man had Calum von Moger, Amanda Doherty, Sonny Brown, Melissa Le Man and Miles Sarcev all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super-grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a resounding success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 116 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there. So next year, we'll be there. Arnold will be there...Will you?



Dexter Jackson and Branch Warren go head to head.



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## 5 Things You Can Learn from CrossFit

By Matt Nicholson

No training system is an island — and that goes double for bodybuilding. By looking to other sports and training styles, we can improve our fitness, our strength and our physiques. These five CrossFit techniques will carry over to traditional hypertrophy training and help you to improve your performance.



Melita Jagic

After 30+ years of bodybuilding training and competing, I came across CrossFit while surfing the net. As a bodybuilder, I loved the spontaneity and intense training that CrossFit offered and I got excited about trying something new. I have been doing CrossFit and bodybuilding training together now for about six years, competing in both and finishing well in both sports.

For me, bodybuilding and CrossFit go together like wine and cheese, both complementing each other and working well together. However, CrossFit cops a lot of flack from the bodybuilding world and vice versa. Is it because the internet is flooded with some CrossFit exercises that are poorly executed for the sake of

speed? Possibly, yes. Though the same can be said about amateur, untrained bodybuilders attempting high weight with poor form for powerlifting moves and/or Olympic lifts when they first start training.

As with any sporting discipline, I would recommend searching out experienced coaches and trainers. There are CrossFit boxes that offer great, knowledgeable trainers in a group setting with a good atmosphere and, most importantly, teaching proper technique at a safe pace. My aim has always been to be one of the smart coaches that makes reasonable gains from focusing on strict form and proper technique at reasonable

volumes. At the end of the day, if we are all exercising in ways that make us happy, we all win!

These following tips are CrossFit concepts that you can easily apply to bodybuilding.

### 1 Always squat

The squat is considered the granddaddy of all exercise movements. It is widely believed in CrossFit that the squat, in the bottom position, is nature's intended sitting posture, and the rise from the bottom to the stand is the bio-mechanically sound method by which we stand up. Therefore the squat is an important move not only in CrossFit and bodybuilding but also in everyday





Courtesy CrossFit Inc

life. Once you have mastered the form of the full squat, weight and reps will come. Over time I have been able to get 20 reps at 140 kg and a max weight of 220 kg for a single rep.

## 2 Face the deadlifts

Deadlifts are a true sign of strength for me. If you want to get stronger, improve your deadlift. This seemingly simple movement (let's face it, a deadlift is no more than picking a weight up off the ground) will make a huge impact to increasing all-round strength, and sheer strength will get you far in most sports. The goal would be to work towards body weight, twice body weight and then three

times bodyweight deadlifts. For my 51st birthday I did 51 reps at twice my body weight (160kg) for time. Always aim to challenge yourself.

## 3 Strict pull-ups

Strict pull-ups are a valuable exercise to increase upper-body pulling strength. In CrossFit we use a variety of pull-ups but all of them are made easier if you have a sound, strict pull-up in place first and foremost. There is a place for lat pulldowns and cable rows but these don't get used in CrossFit training. However, having that background with bodybuilding has given me a great foundation in regards to pure strength.

---

**As with any sporting discipline, I would recommend searching out experienced coaches and trainers. There are CrossFit boxes that offer great, knowledgeable trainers in a group setting with a good atmosphere and, most importantly, teaching proper technique at a safe pace.**

---



**BONUS TIP:  
MIX IT UP**

The CrossFit prescription is “constantly varied, high-intensity, functional movement”. With all the movements listed above, it is a great idea to mix it up. Play with the weights, reps and time. CrossFit’s aim is to build a program that would best prepare trainees for any physical contingency — prepare them not only for the unknown but for the unknowable. It also keeps the training fun!



Courtesy CrossFit Inc


**4 Military press focus**

The military press is an all-round upper-body strengthener. Unlike seated shoulder machines that you would customarily find in the gym, standing military presses require mid-line stabilisation and engage more muscle groups. Since the kinetic chain in the press starts at the ground and ends at the hands, everything in between these two points gets worked, one way or another. Unlike the shoulder press

**Unlike the shoulder press machine, overhead military presses also improve shoulder and thoracic mobility.**

machine, overhead military presses also improve shoulder and thoracic mobility. When doing specific movements — such as CrossFit staples, the snatch and the clean and jerk — it is imperative to have a strong base and mobility with this bread and butter movement.

**5 Dips**

Another superior upper body exercise is dips. In CrossFit, most dips are performed on rings. Having the background in weighted bar dips has helped me transition to the rings relatively seamlessly. Without this, it would have been very difficult to move on to other CrossFit gymnastic movements such as ring dips and muscle-ups, both staples in the sport. I personally have worked up to bar dips with 80 kg strapped to a weight belt for six reps. 

Having competed in over 100 bodybuilding competitions in all federations in Australia and overseas, CNP-sponsored athlete Matt Nicholson decided to try his hand in the rapid growing sport of CrossFit. In his first ever competition Matt won the Australian region for his age division and placed top 10 in the world.

Born in Edinburgh, Scotland in 1963, Matt spent most of his early childhood years living in England, Scotland and Australia. Of his childhood years, Matt remembers a time where he didn't do well at team sports due to physically lacking strength and size. As a skinny child lacking confidence, weights seemed to be the answer to creating a new physique. So, influenced by his father, he began lifting weights.

As a personal trainer and co-owner of CrossFit Blackburn, Matt trains himself and his clients using the CrossFit methodology, yet still uses a lot of his bodybuilding basics to get results. Helping others achieve their personal goals is definitely one of the most rewarding parts of Matt's career. For more information, check out [crossfitblackburn.com.au](http://crossfitblackburn.com.au)



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## Swole Arms

By Vince DelMonte

Get your gun show summer-ready in just six weeks.



When summer approaches, people are always in a frenzy to put the final touches on their physique so they can be in top shape for any of the activities under the sun that will allow them to show off the work they did over winter. Because I've yet to meet a guy who is satisfied with his arm size and development, why not get a head-start and try this six-week arm blitz? I guaranteed it to stretch the tape measure to its capacity.

### Frequency is king

To maximise the development of any muscle in as short a time as possible, one must delicately balance the amount of volume with the intensity subjected onto the muscle group. Optimising this balance will facilitate the recovery needed to allow for maximum growth. Since arms are indirectly involved in nearly all upper-body work in one way or another, it's possible to hit the biceps and triceps roughly four times per week.

### Weeks 1, 3 and 5

**Day 1:** Heavy arm work

**Day 2:** Light arm work

**Day 3:** Off

**Day 4:** Back and heavy biceps

**Day 5:** Biceps pump

**Day 6:** Heavy triceps, chest and shoulders

**Day 7:** Legs

### Weeks 2, 4 and 6

**Day 1:** Heavy arm work

**Day 2:** Light arm work

**Day 3:** Off

**Day 4:** Heavy triceps, chest and shoulders

**Day 5:** Triceps pump

**Day 6:** Back and heavy biceps

**Day 7:** Legs

### A few notes on this split:

- Days 4, 5, and 6 alternate each week to ensure optimal development of both the biceps and the triceps over the course of the six weeks, although you could opt to prioritise the biceps, or the triceps, for the duration of the program.



- Since the triceps are heavily involved in pressing movements, opt to use isolation exercises for chest and shoulders to prevent overworking the triceps. Don't worry about strength at this point, as there is enough pressing and dips to maintain chest and shoulder strength.
- The same can be said for the back and biceps. Aim to perform a higher volume of straight-arm pulldowns and pullovers to spare the biceps for their direct efforts, and maintain overall back strength by including either deadlifts or rack pulls to stimulate the erectors.
- If you don't have the luxury of training five days per week but you can get to the gym twice in one day, then you could perform the second workout four to six hours after the first workout, followed by a day off.

This program is a variation of what is called a 'concentrated loading cycle' and is sure to increase the diameter of your pipes by the end of the six weeks. After completing this program, it's in your best interest to lower the amount of volume of work performed to allow for the body to super compensate to the high volume of work that you just put it through.

Here is a sample of what these workouts will look like. Feel free to substitute your favorites exercises where applicable.

## Day 1

- A1.** Barbell curl
- A2.** Close-grip decline press
- B1.** Alternating dumbbell curl
- B2.** Dips
- C1.** Hammer curl
- C2.** Top-half bench press

*Perform five sets of four to six reps for each superset*

The whole is greater than the sum of its parts of this program. For instance, there is a reason for the low-rep scheme in this workout. These heavier loads are in place to maximise muscle fibre recruitment, to which you'll exhaust in the following days, but without the muscle fibres first being recruited, they cannot be fatigued and thus will go undertrained. The goal for Day 1 is not to exhaust the muscles, but rather to prime them for the work to come, as the heavy loads will increase your capacity

to recruit more muscle fibres when performing less daunting work.

## Day 2

### A1. Machine Curl

### A2. Cable Pressdown

*Perform 12 total supersets, eight to 10 reps each set*

In this workout, you're only doing one exercise for the biceps and one for the triceps; however, the exercise changes every three sets.

- For the first three supersets, include a double contraction by performing a full-range rep, and upon reaching maximal arm flexion lowering the weight about two to four inches (5–10 cm) before returning to the fully contracted position. That's one rep with a double contraction.
- For the second trio of sets, perform a double contraction after each full-range rep but this time with the muscles in the fully lengthened position.
- For sets seven through nine, perform as many partial reps as possible in the fully contracted position upon reaching full-range failure (which should fall between eight and 10 reps).
- And for the final three sets, perform as many partial reps as possible in the fully lengthened position upon reaching full-range failure.

## Day 5

### FOR BICEPS:

- A1.** Incline dumbbell curl: 8 to 10 reps
- A2.** Incline hammer curl: As many reps as possible using the same weight
- A3.** Standing alternating dumbbell curl: As many reps as possible using the same weight
- A4.** Standing hammer curl: As many reps as possible using the same weight
- A5.** Isometric curl hold: Drop one dumbbell and, using both hands, hold the other with arms bent at 90 degrees for as long as possible

### FOR TRICEPS:


- A1.** Lying triceps extension: 8 to 10 reps
- A2.** Close-grip bench press: As many reps as possible using the same bar and weight
- A3.** Dips: As many reps as possible
- A4.** Top range partial dips: As many reps as possible

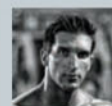


**A5.** Isometric dip hold: Lower yourself to a 90-degree bend in the elbow and hold for as long as you can

*Perform five total circuits, resting for three minutes between each*

## Days 4 and 6


Pick one biceps or triceps exercise (depending on which muscle is being prioritised that week) and perform four sets of six to eight reps, along with the other muscle groups listed. 



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.







# "I WATCHED ARNOLD TRAIN"

Story and photography by John Balik

## THE BODYBUILDING PHILOSOPHY OF ARNOLD SCHWARZENEGGER

This feature first appeared in the July 1975 issue of US *Iron Man*. Although my friendship with Arnold Schwarzenegger stretches back to his first months in the USA, these observations are based on the 12 months of training leading up to the '74 Mr. Olympia. During that time I made four business trips to Los Angeles at approximate three-month intervals. On two of the trips I availed myself of Arnold's hospitality and stayed at his home, a very informal setting that allowed me to observe Arnold's diet and training routine.

**T**he date is December 1, 1973. Arnold is in stage one of his preparation of his preparation for the Mr. Olympia of 1974. Let's call this the basic building stage. At this point in his training he is using relatively few exercises but working them very hard. In general, those key basic exercises work the major muscle groups and are the foundation for long-term progress. Quality muscle growth is the result of using heavy weights in good form on the basic exercises. What is a heavy weight? According to Arnold, it's a weight that allows



# ARNOLD SCHWARZENEGGER

him to just complete a repetition goal. If he can surpass his rep goal, he does so.

A repetition goal should be just that: a goal, not a set number that you do and quit. Many times have I seen Arnold grind out what appeared to be his final rep, yet somehow, impossibly, he would get another rep or two. In short, every set is the set; 100 per cent effort is a must. The only exception to this is the first set, which he prefers to do at 70-to-80 per cent maximum. He feels a warm muscle performs better and is less likely to be injured.

The basic building stage demands a dietary approach much different from the pre-contest regimen. The type of exercise and system of performance create a situation where growth and muscle weight gain are possible if the diet is correct. To quote Arnold, "It is my opinion that diet is the basis of all muscle gains. It is impossible to build massive size and gain muscular weight if your diet is inadequate. The diet must be just as well planned as the training program if you want maximum progress."

Even though Arnold is in the building stage, he does not allow himself to get fat. The goal here is to gain muscle size, not just weight. Now, don't get me wrong; he does not stay in rock-hard contest shape year-round — that would be impossible for someone with his metabolism and would inhibit his growth in stage one.

As his early photos show, he is not the natural muscular type like Franco Columbu, so his problem is to gain size without smoothing out too much. That takes a lot of dietary discipline.

As a general rule, Arnold's diet revolves around natural food. As much as possible the goods are fresh and unprocessed. Food supplements are definitely secondary in his overall approach to diet. Protein supplements are used as much for convenience as anything else. He spaces his meals and seldom gorges, relying on more frequent smaller meals. He uses protein as the basis for every meal, with fat second and carbohydrates a distant third. The only real restriction at this point is on carbohydrates, which are kept at approximately 125 grams per day from fruits, vegetables and whole grains. Some of you may have heard of Arnold's prodigious appetite for pie, cake and ice cream. The incidences of these carbohydrates insanities are relatively infrequent and the exception rather than the rule. As Arnold's knowledge of his body has matured, he has come to acknowledge the fact that these dietary excursions are incompatible with his overall goals, and he has relegated them to the area of celebration.

## ARNOLD'S MR. OLYMPIA ARM WORKOUT

### EXERCISES

### SETS AND REPS

Dumbbell Curls

6x8

Incline Curls

6x8

Concentration Curls

6x10

Close-Grip Bench Presses

6x8

Pushdowns

6x10

French Presses

6x8

One-Arm Extensions

6x10







Arnold uses no steroids during the building stage. He feels their usefulness is limited to just before — six-to-eight weeks — the big contest. He uses them not to add but only to retain size gained in stage one while stripping his body of all fat.

Stage one actually lasts five months (November through March) and has two levels of training intensity; however, this article covers the first three months: November, December and January. The workouts are split so that he works each body part twice per week. Arnold feels he needs the recuperation time to grow. Many bodybuilders work out too long but not hard enough. Arnold always uses maximum effort — forced reps — and trains almost without rest. As he says, “If you do one set of an exercise and five sets of yacking, don’t expect gains.”

## ARNOLD'S MR. OLYMPIA SHOULDER WORKOUT

### EXERCISES

### SETS AND REPS

Seated Machine Front Presses

6 x 8-10

Lateral Raises

6 x 10

Dumbbell Presses

6 x 8

Bent-Over Laterals

5 x 10

Cable Laterals

5 x 12





The Monday and Thursday workout consists of bench presses supersetted with wide-grip chins and dumbbell flies supersetted with low-cable rows. I asked Arnold why he supersetted bench presses and wide chins, whereas most trainers would probably superset bench presses and flies. He feels that by working a pulling muscle immediately after a pushing movement, he gets fuller overall development of the areas. It also allows him to work very fast, which he feels is essential to progress. Arnold seems to have his own special way of doing every exercise; little changes of hand position or arc of movement that personalise the exercises and apparently make them much more productive. Not only is Arnold a champion bodybuilder, but he also knows how he got there. He has refined bodybuilding with knowledge, logic and instinct.

Arnold does the bench presses smoothly but only about three-fourths of the way to lockout, therefore placing constant tension of the pectorals. He does the wide chins smoothly from the extreme stretch to where his chest touches the bar. He does this superset for five sets, with 10-to-12 reps as the goal. He does the flies and seated pulley rows with the same five supersets of 10-to-12 as the goal. The flies are very strict, with his arms slightly bent and his elbows well back toward his ears so that he feels the tension diagonally across his pecs. Again, there's no lockout; he does only the bottom two-thirds of the movement so he gets constant tension.

Another secret of great pec development is to keep your chest high and your back arched throughout the movement. Don't let

## ARNOLD'S MR. OLYMPIA CALVES AND FOREARMS WORKOUT

### EXERCISES

### SETS AND REPS

Machine Calf Raises

10 x 10

Seated Calf Raises

8 x 15

One-Leg Calf Raises

6 x 12

Wrist Roller

4 x max

Reverse Curls

4 x 8

Wrist Curls

4 x 10



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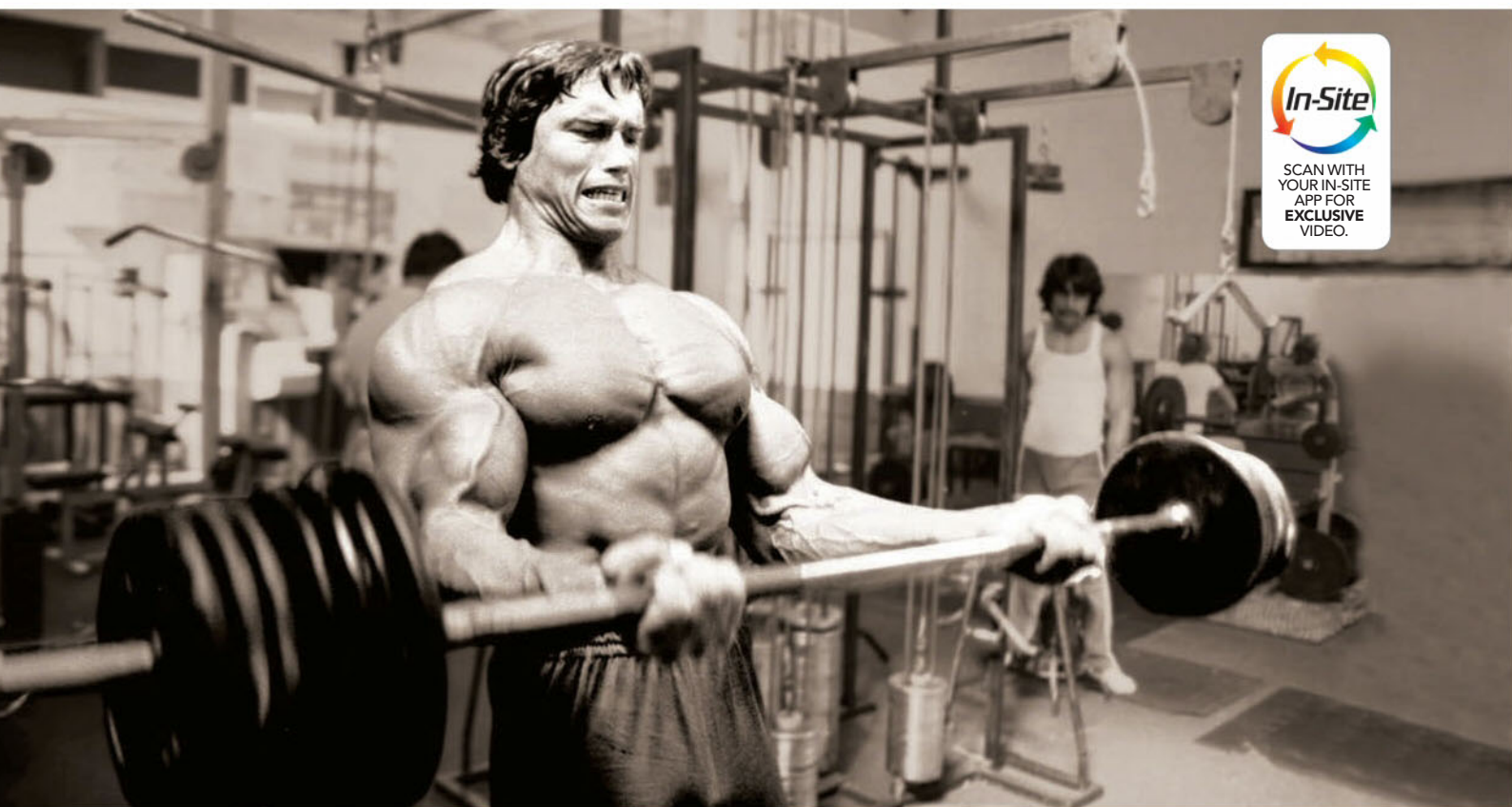
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## ARNOLD'S MR. OLYMPIA BACK WORKOUT

### EXERCISES

### SETS AND REPS

Wide-Grip Chins

6 x max

T-Bar Rows

5 x 8

Cable Rows

6 x 8

Bent-Over Rows

6 x 12

Deadlifts (on box)

6 x 15

One-Arm Dumbbell Rows

5 x 8

your ribcage collapse at any time. You can breathe with your chest expanded and you should during all chest movements.

On Tuesday and Friday Arnold's workout covers shoulders and arms. He alternates seated presses behind the neck with single-pulley delt raises — both with rep goals of 10-to-12 — for five supersets.

Arnold does not superset biceps with triceps but prefers to do biceps first, starting with dumbbell curls. He likes to curl with dumbbells because they allow him to rotate his hand as he raises them, thereby more closely approximating the actual function of the arm. The exercise starts with the dumbbells at the sides of the thighs. As the dumbbells clear the thighs, he rotates them outward until they're at the top position. If he does that correctly, the low biceps — brachialis — will be intensely worked, as well as the biceps in the exercise's fully contracted position. It's a great variation on the dumbbell curl. The rep goal here is eight-to-10 for five sets. Next is Larry Scott's favourite, barbell preacher curls. Eight reps is the goal, with four additional half movements at the top for peak. Arnold does five sets.

He works triceps in the same style as he works the bench press; that is, no lockout for constant tension. He does the standing French press with a barbell for five sets with a rep goal of 12-to-15 and uses the same combination for triceps pushdowns on the lat machine.

Forearms are next, and he uses reverse barbell curls on the preacher bench supersetted with barbell wrist curls with his palms up. He does five of these supersets, with a rep goal of 12 to 15.

The Wednesday and Saturday workout starts with leg extensions for five sets of 15 followed by five sets of full squats,






starting with 225 pounds (102 kg) for approximately 20 reps and then sets of 12 reps. When he gets to 405 pounds (184 kg) where he usually can get only eight reps, he has his workout partners take off some weight so he can grind out the four reps to get to his goal of 12. He also did five sets of leg curls for 12-to-15 and a variety of calf work on the day I observed him.

During this five-month period Arnold also picks out one body part that he feels needs extra work. He feels that by specialising for five months on a single body part, he doesn't have to worry about his asymmetrical muscle group in final preparation for the Mr. Olympia. He's specialising on abs during this period. The work consists of crunch sit-ups alternated with leg raises, and he does a total of 300-to-400 reps after each of his six workouts per week. In the past he has specialised on calves, deltoids and, in 1975, forearms.

Trying to fully analyse every movement Arnold does would take a book. My aim here has been to give some fresh insight into a few of the many refinements of training Arnold has evolved.

The body part routines that appear in boxes in this feature are samples of how Arnold trained for the 10 to 12 weeks leading up to an Olympia competition. The rest of the year his body part routines consisted of much less volume. 

## ARNOLD'S MR. OLYMPIA CHEST WORKOUT

### EXERCISES

### SETS AND REPS

Bench Presses	5 x 8-10
Flat-Bench Flyes	5 x 8
Machine Incline Presses	6 x 8-10
Parallel-Bar Dips (body weight)	5 x max
Cable Crossovers	6 x 12
Dumbbell Pullovers	5 x 10



## ARNOLD'S MR. OLYMPIA LEG WORKOUT

### EXERCISES

### SETS AND REPS

Parallel Squats	6 x 10-12
Leg Extensions	6 x 15
Leg Presses	6 x 8-10
Leg Curls	6 x 12
Barbell Lunges	5 x 15



A full-page photograph of Arnold Schwarzenegger posing on a beach. He is shirtless, showing his highly muscular physique, and is looking directly at the camera with a slight smile. The background shows a sandy beach and some buildings in the distance.

ARNOLD SCHWARZENEGGER

# ARNOLD

*In his own words*

Arnold Schwarzenegger has always been the master of his own destiny but he's also written his own history along the journey that took him from Thal, Austria to the Californian governorship. These are choice Arnold quotes from his officially published works.





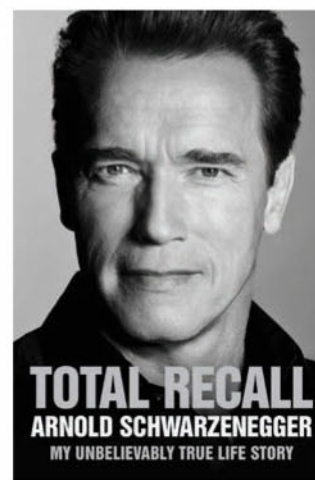
Roland Balk

“Failure doesn’t have to discourage you. It can be a great training tool. It defines limits for you, it instructs you as to which parts of your program are working and which aren’t. It tells you what step of the staircase you are on and helps to motivate you to climb higher. Failure is not what hurts the aware; it is fear of failure that most often gets in the way. This prevents you from really trying hard, from releasing all of your energies, from summoning up total motivation. In fact, it often helps to seek out failure! Train as hard as possible, find out what your strength and endurance limitations really are. Push yourself until you run into a wall and can go no further.”

— *The Encyclopedia of Modern Bodybuilding* by Arnold Schwarzenegger with Bill Dobbins

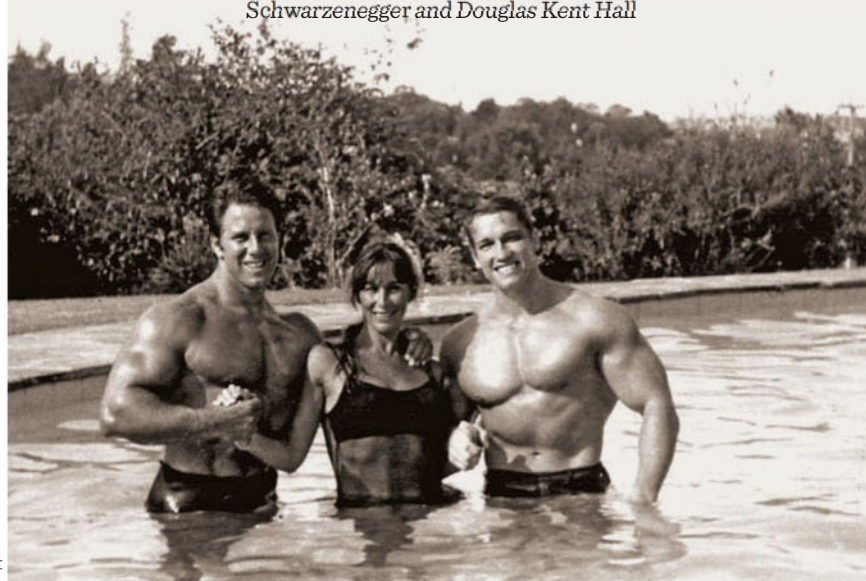
*“If you want to turn a vision into reality, you have to give 100 per cent and never stop believing in your dream.”*

— *Total Recall: My Unbelievably True Life Story* by Arnold Schwarzenegger



*“Reg (Park) and his wife, Maryanne, treated me as if I were their son. They included me in everything they did; they took me to parties, films, dinners. Being with them opened my mind to what was possible for me aside from endless days taken up totally with training. I could have a gorgeous house, businesses, a family, a good life. Being with them, I felt fulfilled. It was a unique experience for me to see Reg at home, to be with him that long, and to get so much attention from him.”*

— *Arnold: The Education of a Bodybuilder* by Arnold Schwarzenegger and Douglas Kent Hall



Supplied

*“From the bodybuilding days on, I learned that everything is reps and mileage. The more miles you ski, the better a skier you become; the more reps you do, the better your body... There are no shortcuts — everything is reps, reps, reps.”*

— *Total Recall: My Unbelievably True Life Story* by Arnold Schwarzenegger



# ARNOLD SCHWARZENEGGER



Diep Nguyen

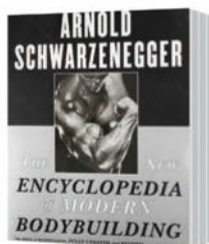
*“What is the point of being on this Earth if you are going to be like everyone else?”*

— *Total Recall: My Unbelievably True Life Story* by Arnold Schwarzenegger

*“Since you gradually increase your workload, your transition from Basic to Advanced Training does not happen all at once. The point is that if you want a championship body, you have to train with championship intensity, technique and knowledge. It is a difficult task, but it can be one of the most rewarding challenges of your life.”*

— *The Encyclopedia of Modern Bodybuilding* by Arnold Schwarzenegger with Bill Dobbins

You can purchase *The Encyclopedia of Modern Bodybuilding* by Arnold Schwarzenegger with Bill Dobbins from the *Iron Man* bookstore at [ironmanmag.com.au](http://ironmanmag.com.au)



John Balk

*“I believe you overcome a lot of frustrations in the gymnasium, things you’re not even aware of. I found that the more I worked out, the less violent I became. It trimmed away tensions and taught me how to relax: When I put in a good workout I felt a sense of accomplishment. I felt like a newborn person. I had the strength to go on and conquer in other areas and feel confident about doing it...Every day, I see people running around, all excited, wanting to do things, feeling pent up and unable to find any release.*

*I’d probably be that way if I didn’t work off my frustrations in the gym. I’ve come to realise that almost anything difficult, any challenge, takes time, patience and hard work, like building up for a 300-pound bench press. Learning that gave me plenty of positive energy to use later on.”*

— *Arnold: The Education of a Bodybuilder* by Arnold Schwarzenegger and Douglas Kent Hall

*“The more knowledge you have, the more you’re free to rely on your instincts.”*

— *Total Recall: My Unbelievably True Life Story* by Arnold Schwarzenegger



John Balk



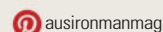
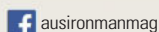
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*“I entered the dressing room the way I’d been going in everywhere lately, like I was just taking over. Then, for the first time, I saw Sergio Oliva in person.*

*I understood why they call him the Myth. It was as jarring, as if I’d walked into a wall. He destroyed me. He was so huge, he was so fantastic, there was no way I could even think of beating him. I admitted my defeat and felt some of my pump go away. I tried. But I’d been so taken back by my first sight to Sergio Oliva that I think I settled for second place before we walked out on the stage.”*

— *Arnold: The Education of a Bodybuilder* by Arnold Schwarzenegger and Douglas Kent Hall

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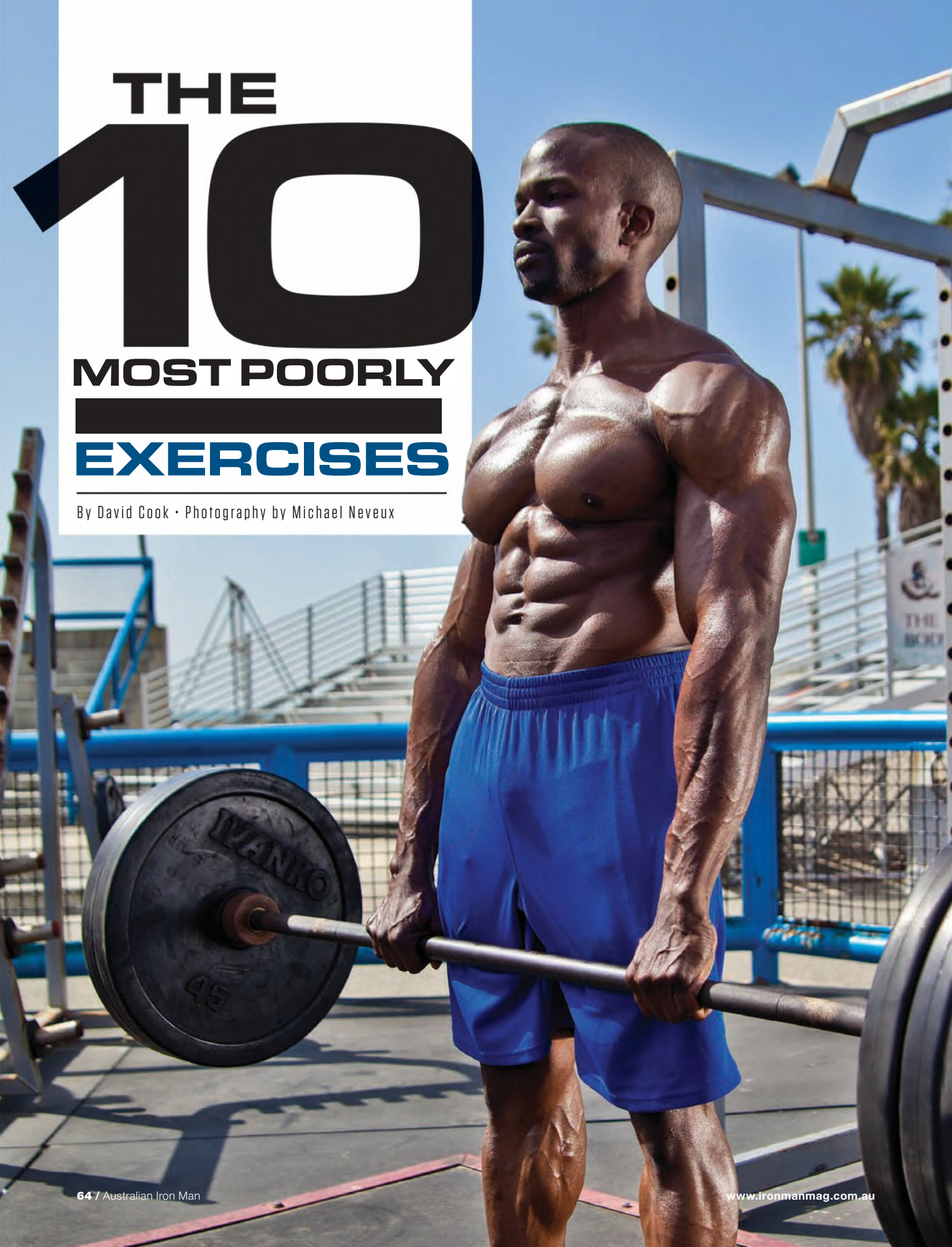


**TRAIN HARD. EAT CLEAN.**



# THE 10 MOST POORLY EXERCISES

By David Cook • Photography by Michael Neveux





# 1 LAT PULLDOWN

**Target:** Back (lats, traps, rhomboids and teres major)

The lat pulldown is without a doubt the most poorly executed exercise, typically because there is too much weight being pulled down to properly engage the back muscles with proper scapular (shoulder blade) retraction (pulling back) and depression (pulling down). You still even see this exercise being done to the back of the head, which puts the shoulder joint into extreme external rotation and means there is a real risk of shoulder impingement and/or rotator cuff damage.

There are three really key points that help you do this exercise properly: 1) use a false grip when holding the bar (no thumbs); 2) imagine your elbows are pulling the weight down; and 3) keep your chest up to meet the bar. Imagine you are trying to hold an apple between your shoulder blades as they come in at the bottom of the movement.

If you can't pull the weight down without keeping your upper torso in a slightly leaned back position, then the weight is too heavy. The bar should be pulled to the upper chest region while keeping your torso in a basically fixed position, with your eyes on the upper pulley.

Drop the ego and drop the weight; you will feel it much more intensely through your latissimus dorsi, trapezius, rhomboids, and teres major. If you are swinging back and using momentum to haul the weight down, you risk compression of your lumbar spine.

## TIP

Using a pulldown bar with two D-handles allows you to do the exercise with a neutral grip (palms facing each other) and avoids putting your shoulders into external rotation, which is a more risky position in terms of the potential for shoulder injury.

In a lat pulldown, the bar should be pulled to the upper chest region while keeping your torso in a basically fixed position.



# 2 DUMBBELL LATERAL RAISES

**Target:** Shoulders (side delts)

I put this exercise second on the hit list, because all too often this exercise ends up turning into a front deltoid movement. As the dumbbells are thrown out and upwards, the shoulders often rotate back to cope with a weight that is usually too heavy. You should rarely be using more than a pair of 15 kg dumbbells and even at that weight, it is still difficult to maintain correct form and tension on the side delts without swinging your body or rotating back to raise the dumbbells.

Another typical method of poor execution is lifting the dumbbells out to the side with completely straight arms. Firstly, that is a hard way to do this exercise and, secondly, it puts a lot of strain on the ligaments and tendons around the elbow joint.

Hold the two dumbbells in a neutral grip position (palms of hands facing each other, dumbbells perpendicular to the floor) just above your lap. Lift your elbows up and out to the sides away from your body. As your elbows raise, the dumbbells rotate inwards and almost end up pointing down to the ground.

In the side delt raise, as the dumbbells are thrown out and upwards, the shoulders often rotate back to cope with a weight that is usually too heavy.



## TIP

I prefer to sit when doing this exercise — it's a lot harder to swing your body back. In the seated position, I lean my torso slightly forward and then lift my elbows up and out to the sides.



## THE 10 MOST POORLY EXECUTED EXERCISES

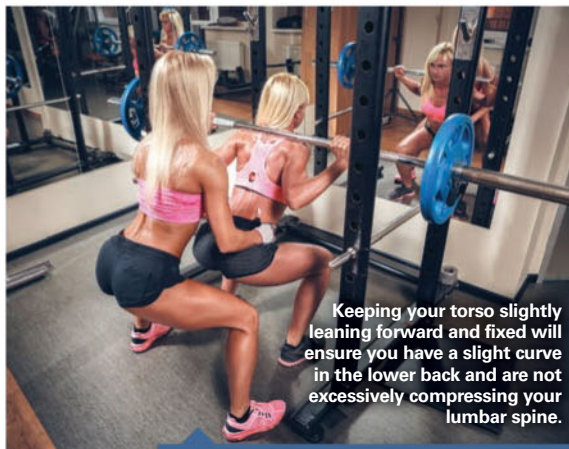
### 3 BARBELL SQUATS

**Target:** Legs (quads and glutes)

Squats are often avoided because it's thought to create lower back and knee problems, even though it is one of the most normal human movement patterns. It is actually the misuse of the weight being lifted and poor execution that can lead to knee and lower back injuries. In addition, weak abdominals and core strength put a lot more load on the lower back muscles than squats themselves.

Squatting anything over 100 kg is hard work and extremely taxing because so many muscles are involved — which is probably why it isn't done too often, at least not correctly. Let's face it; it's way easier to do a set of leg extensions or leg press but they are not nearly as challenging and require less stabiliser muscles and coordination to do them. Squats are too often done as a partial squat where the angle of knee flexion rarely goes beyond 60 degrees instead of the required angle of 90 degrees (parallel) or deeper.

Placement of the barbell across the upper back must not be so high that it compromises your cervical spine or causes pain and numbness through your arms from nerve compression. Keeping your torso slightly leaning forward and fixed will ensure you have a slight curve in the lower back and are not excessively compressing your lumbar spine.



Keeping your torso slightly leaning forward and fixed will ensure you have a slight curve in the lower back and are not excessively compressing your lumbar spine.

#### TIP

If you are struggling to get much depth in your squats, opt for either dumbbell squats, where you can move the dumbbells forwards as you sit down and into a squatting position, OR put some thin 2.5 or 5 kg plates under your heels to overcome poor ankle flexibility. There are also many mobility exercises you can do.

### 4 SEATED DUMBBELL PRESS

**Target:** Shoulders

(front and side delts)

Once again, this movement is often done only through a partial range of motion, and the dumbbells are not brought in together at the top of the movement to maximise deltoid muscle tension. The usual culprit when it comes to poor execution is too much weight and/or poor coordination when handling dumbbells in separate hands. The whole idea of this exercise is to target the shoulder muscles (primarily the front and to a lesser degree medial head of the deltoid), which abduct your arm away from your body through almost 180 degrees (from arms by your side to up overhead). Excessive arching of the lower back to complete the lift is a sure sign the weight is too great, and all you are doing is asking for a lower back injury as you compress your lumbar spine when leaning back under an overhead load.



The usual culprit when it comes to poor execution is too much weight and/or poor coordination when handling dumbbells in separate hands.



## 5 SEATED ROW

**Target:** Back (midback)

Along with the lat pulldown, this is an exercise that must be done correctly to fully engage the back muscles (latissimus dorsi, rhomboids, trapezius, teres major) while not compressing your lumbar spine. The lean back on execution is a sure sign that the weight is too great — you must be able to hold your posture in a virtually upright position with only a slight lean back as you bring your shoulder blades in together. There are two phases to correctly doing this movement: 1) pull the handle into your lower abdomen (with abs braced); and 2) pulling your scapula back and down with a rolling movement of your shoulders while pushing your chest out high. You should rarely lean back more than 10-to-15 degrees throughout the entire set.

### TIP

If you have any lower back issues, then I would avoid this exercise unless you have good core strength. This exercise will pull on your lumbar spine and without adequate core strength it will put excessive force on your lower back and exacerbate any injury/weakness in that area.



Keep your elbows fixed by your side, as if riveted to your hips, and push your palms up towards your shoulders to maximise the feel in your biceps.



## 6 BARBELL CURL

**Target:** Arms (biceps)

The barbell curl, you would think, is such a simple exercise to perform correctly, but most trainees in their quest for more weight end up compressing their lumbar spine and getting their front deltoids to help raise the bar up, along with our good friend momentum, which becomes greater with successive reps.

Keep your elbows fixed by your side, as if riveted to your hips, and push your palms up towards your shoulders to maximise the feel in your biceps.

### TIP

Try standing against a wall to do your barbell curl — you'll quickly realise how much you lean back on the movement, especially as you get fatigued. I purposely stand with a slightly forward-leaning posture to ensure that only my biceps do the vast majority of the work.



## THE 10 MOST POORLY EXECUTED EXERCISES

### 7 TRICEPS PUSHDOWNS

**Target:** Arms (triceps)

Again, this simple movement is poorly done by most gym goers. The elbows need to be kept tight by the sides and the body position strictly upright — not leaning over and down onto the handle. It is such a pure isolation movement for the triceps that when fatigue starts setting in, our technique becomes poorer in our efforts to keep pushing down the same weight for more repetitions. It helps if you imagine that your elbow joint is nailed to the side of your body just above your hip. As your elbow is a hinge joint, that is how you use it in this movement: as a hinge. Keep your elbows still and by your side as you push the weight down and then control back up to the start position.

As your elbow is a hinge joint, that is how you use it in this movement: as a hinge.



### 8 STANDING CALF RAISES

**Target:** Calves (gastrocnemius)

The standing calf raise is meant to target the bigger gastrocnemius muscle, which is typically used in powerful explosive movements such as jumping. This muscle attaches above the knee and is mostly engaged with straight legs. A bent knee, however, brings in the soleus muscle, which attaches beneath the knee and lies underneath the gastrocnemius, fanning out to each side of the lower calf.

This seems like a simple and straightforward exercise: stand on the platform with your shoulders under the support pads and push up onto your toes. However, there are two common mistakes when doing this exercise and they are either 1) not going up onto your toes so that your heels are above parallel to fully engage the gastrocnemius muscle, or 2) pushing your hips forward as you drive up onto your toes.

#### TIP

Keep your abdominals braced hard throughout the movement (even though it is a lower leg exercise).



Remember to go up onto your toes so that your heels are above parallel.



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# THE 10 MOST POORLY EXECUTED EXERCISES

One of the biggest mistakes with doing push-ups is having your head tilted down so that it almost touches the ground before your chest does.




## 9 PUSH-UPS Target: Chest/Shoulders

Yes, the humble push-up, the saviour exercise for personal trainers stuck for ideas. Where would we all be without push-ups? Such a simple exercise that can be quite challenging when done properly and with several variations. However, this simple exercise is so often performed with poor to nil abdominal bracing and a slumped torso, resulting in poor execution. One of the biggest mistakes with doing push-ups is having your head tilted down so that it almost touches the ground before your chest does. Your start position has a lot to do with proper execution. Start with your body above the ground with arms at full extension and your backside at the same level as the back of your head. Draw in your belly button to your back and then lower your body in a slightly tilted-forward movement, your head looking at the ground about one metre in front of you. This way your chest stays pushed out, fully engaging your pectoral muscles, and you won't fatigue your smaller triceps muscles, which are invariably weaker than the chest and shoulder muscles. As your chest nearly touches the ground, drive back up to the start position.

## 10 DEADLIFTS Target: Back (midback, lower back, traps), Legs (glutes, hamstrings)

The deadlift can easily become overly complicated in its execution, when in essence it is a very simple and functional movement. It's a fantastic compound movement, but when heavy weights are involved and your execution is poor, injury is not too far away.

The common flaws with deadlift technique are 1) starting with the bar too far from your body, 2) having a rounded lower back and slumped shoulders as you lift, and 3) leaning back at the top of the movement, which compresses your lower spine.

The deadlift is simply about picking a bar up off the floor and standing upright. Reach down and grab the bar, making sure that it's up against your shins; keep your arms locked straight, look up so that your chest is out and your lower back has a normal shallow S curve. Then, driving your heels into the floor, just stand up. Allow the bar to scrape along your shins and over your knees as it travels to your upper thighs. Stand upright till in a normal upright stance and DO NOT roll your shoulders up and back in a shrugging movement. It is not necessary in the lift and can lead to damage of the glenohumeral joint where the humerus rotates around against the shallow glenoid cavity on the scapula. 



A rounded back and slumped shoulders is a common deadlift mistake.

Gerty

Dr. David Cook has a unique background combining athletics, fitness and functional resistance training. He has taken his physique from 60 to 100 kg (at 10 per cent body fat) by constantly changing his training regime through the judicious use of advanced techniques of muscle overload. David has been a personal trainer as well as lecturing in and delivering health and fitness qualifications and workshops.



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# Alan Aragon

## The expert's expert

Even if you don't recognise the name Alan Aragon, you've probably come across some of his work without even knowing it. Alan is an author, lecturer, researcher and education provider for the Commission on Dietetic Registration and the National Strength and Conditioning Association. He's also the co-author (along with Brad Schoenfeld) of the most-viewed study in the history of the *Journal of the International Society of Sports Nutrition*, which was about nutrient timing. Recently, Alan was brought out to Australia by Two Buff Girls, the events company started by Jillian Taylor and Charlotte Hailey, and also major sponsor Athletic IQ, for a series of seminars. We were lucky enough to get to chat to him during his time in the country.

Interview by Daniel Hedger  
Photography courtesy of Alan Aragon and Adventscape (Philip Avellana)

**Hi, Alan. Thanks so much for talking to *Australian Iron Man*. How are you?**  
I'm doing great, thanks very much for having me.

**For readers who might not be familiar with you, can you tell us a little about yourself and your scientific background?**

I've had a pretty wide-ranging set of roles during my career, which I began as a personal trainer, then became a nutritional counsellor, and now I spend most of my time in research and lecturing. I've recently been part of several peer-reviewed publications that have been making waves in the fitness community. You can search my name in *pubmed.gov* for these papers, or you can search my name in *jissn.com* for some, but not all, of the full texts of these papers.

**You've just completed a successful speaking tour around Australia. How did it go? What were your impressions of the Australian fitness community?**

The tour went as perfectly as it could have, thanks to the tireless administrative work of Charlotte Hailey and Jill Taylor [*Check out their website at [twobuffgirls.com](http://twobuffgirls.com) — Ed*]. I really enjoyed the sights, the general vibe and of course the people. I actually got stopped in the airport and on the street by people who recognised me — that's always a fun experience on the rare occasions it happens. The Australian fitness community, at least those who attended my seminar, are



Alan regales his seminar audience.



extremely passionate, good-hearted people. It's so great to see people who value science and research, as opposed to a set of unfounded emotion-based ideas. Plus, they're not afraid to eat and drink a little outside of their macros. They made my experience very warm and memorable.

**You are one of the most respected experts on nutrition and training around today but you also make yourself very available to fans through social media and your articles in popular media. You and other scientists like Brad Schoenfeld and Bret Contreras are really changing the idea about the researchers behind the studies we read about. Has this been a conscious decision, to make yourself more available to people?**

It wasn't a conscious decision. It's what I've always done since over a decade ago when I first started posting on the *bodybuilding.com* forums, just randomly answering people's questions in an attempt to help them out. I'd also

this, and many people base their programs around unrealistic outcomes and timeframes.

**Some bodybuilders believe that the research usually takes a while to catch up to what they've been doing for years, that eventually they will be vindicated. Do you think there is any place for anecdotal evidence when designing a program?**

Yeah, definitely. And yes, it's true that athletes and coaches in the trenches have been correct about their methods many years before research tests them out and 'formalises' their validity. Anecdotal evidence in program

## "PEOPLE HAVE A TEND TO THINK THAT FAT C/ FLY OFF WHILE MUSC SIMULTANEOUSLY PIL

regularly get into debates, and that was part of the fun of social interaction. Nothing has changed, except now it's a different platform with social media such as Facebook. As opposed to the message boards where it was easier to hide behind an alias, there's less anonymity now – which is a good thing.

**What do you see as the biggest mistakes people still make with regard to their nutrition?**

I think that the biggest mistakes people make are not setting realistic goals at the outset of a program. And this is in reference to long-term goals of getting in shape, or getting back in shape after a lengthy time off from giving a damn. People have a tendency to think that fat can fly off while muscle simultaneously piles on. So, they set out to accomplish

design is a little trickier, though. The best approach is to build individual (and even anecdote-based) adjustments on a platform of solid scientific support. These adjustments can always be done based on how a trainee responds to an initial protocol. The danger with starting off with an 'unproven' program is that it has less chance of being the most efficient way of reaching the goal. Lots of time and effort can be wasted, and risk of adverse effects is higher as well.

**Is there anything you have found to work in**



Photo courtesy of Adventscape



### **your own approach to fitness/nutrition that does not (yet) have solid research behind it?**

I've done some odd experimentation with protein 'hyperfeeds' — that is, doubling your normal protein intake (at minimum) on two-to-three days per week. Not a whole lot of rhyme or reason to this other than seeing what would happen. Interestingly, I've not only seen a lack of fat gain, but also recomp (building muscle and losing fat simultaneously) in certain clients. This is obviously not a tightly controlled experiment, but I've seen it produce good results. And like I said, it's not a normal part of my programming for clients, but since you asked the question, there's my answer.

### **You have worked with many professional and high-level athletes, ranging from cyclists to basketballers to figure competitors. What do you think are the main things that separate them from the everyday trainee?**

Elite and pro athletes are highly motivated to comply with the prescribed protocol since their livelihood depends on it. Contrast this with a soccer mom or soccer dad who decides on a whim to get into shape, and has great intentions but often lacks the will to follow through. Athletes at the highest levels often don't have a pre-set belief system that makes them question the programming. They take the program and run full-throttle with it. Pro athletes are typically more robotic and agnostic with their training or nutritional belief paradigms; they are better trained at following the instructions of a coach. Much of the non-athletic lay public just doesn't operate this way, although there are always exceptions — actors training or prepping for a part come to mind. Another commonality among elite athletes is that they require a higher volume and intensity of work to maintain their training status, but this is pretty elementary.

### **Tell us about Alan Aragon's Research Review (AARR). How did this come about?**

The idea to start AARR was born from the countless hours I spent giving free advice and answering questions on the bodybuilding forums. At some point I realised that I could better organise the topics and the answers, as well as



Alan with Paolo and Robbie from online coaching company and major sponsor Athletic IQ.

Photo courtesy of Advertiscape

## **“I WOULD WANT PEOPLE TO NOT BE SO EASILY SUCKERED INTO DIETARY FADS.”**

analyse the related research, if I put it all in the format of a monthly journal. I essentially decided that it could be my formal job to do this, and I knew I'd be motivated to do a better job of it than the scattered and random way I was doing it through the forums. Now I genuinely feel that AARR contains my best work, and also the great work of the many guest contributors. It allows me to stay current with the state of science on topics in fitness that I find most interesting. More details about AARR can be seen at [alanaragonblog.com/aarr](http://alanaragonblog.com/aarr).

### **What do you think having a sceptical or scientific mindset brings to a person's training and nutritional strategies?**

I mainly think that it saves them from a lot of potentially wasted time, energy, resources and stress. For example, if someone with the primary goal of weight loss thinks that eating evenly constructed meals every 2.5 hours is going to 'stoke the metabolism', then he might spend a bunch of time and money on preparation and products to meet the demands of this unfounded idea. If a claim about the 'magic' of

a given product or protocol is made, scientific thinkers won't believe it on face value, or dependent on how jacked the messenger is. They'll ask for the evidence behind the claim and oftentimes there simply isn't any — or at least anything remotely relevant.

### **A technical question: on a flexible dieting/IIFYM plan, do you think it is more important to meet your protein requirements (at the risk of exceeding your caloric intake) or to stick to your calories? This is presuming a trainee wants to build muscle but stay fairly lean. Obviously, ideally you could make both work, but as a general rule, do you have an opinion?**

I think that it's relatively impossible to separate protein and total calories in terms of their magnitude of importance. Furthermore, the answer to this question all depends on the starting status of the trainee (more on this in the next question).

### **Under what conditions is it possible to build muscle mass and lose body fat at the same time, if ever?**

Beginners with the extra fat to lose indeed can recomp. Recomp





Alan with his hosts, Jill Taylor and Charlotte Hailey, at the top of the Sydney Harbour Bridge.

Alan Aragon

happens most rapidly in formerly fit, deconditioned individuals with the excess body fat to spare. Intermediates who are not particularly lean can still experience recomp, but to a substantially lesser degree than novices. Advanced trainees near their potential for size and/or leanness need to focus on one goal at a time in order to make the most productive progress; I'd advise the same for intermediates well past the beginning stage. It's not a black and white issue — recomp capacity exists on a sliding scale depending on the starting status of the trainee. The potential for recomp diminishes progressively as one gets closer to his potential for muscle gain or fat loss.

### Is 'carb backloading' a viable idea or is it another fad?

I haven't read [John] Kiefer's book, so I don't know all the details, but my understanding is that it's his hypothesis — which is fine. I wouldn't say that it's an evidence-based hypothesis, at least not scientific evidence. The general idea that carbs become either magic or evil after a certain time cut-off in the day is simply unfounded.

### What would you say to someone who has 'quit sugar' and/or is on a Paleo diet?

The Paleo diet is good in the sense that it promotes the consumption of whole foods, but it's also hilariously nonsensical on so many levels. Why not go full-Paleo

and search for your food under rocks? As for folks deciding to quit sugar, I would tell them to beware of extreme dietary avoidance commitments, since the research shows repeatedly that rigid, all-or-nothing approaches are associated with the development of eating disorders and a lack of body weight control. I would also tell them to get a fucking life.

**Some people claim that you can reduce body fat from particular areas, say the stomach, by consuming magnesium to reduce cortisol, etc. What does the**


### research actually say about 'spot reduction' and are people looking for body fat loss in a particular area just fooling themselves?

The evidence simply isn't compelling enough to focus on specific areas for spot reduction. It's an exercise in futility and unwarranted obsession. People need to learn to embrace where they've been blessed genetically, and lift the focus off where they've been genetically, um, challenged — I almost said cursed [laughs]!

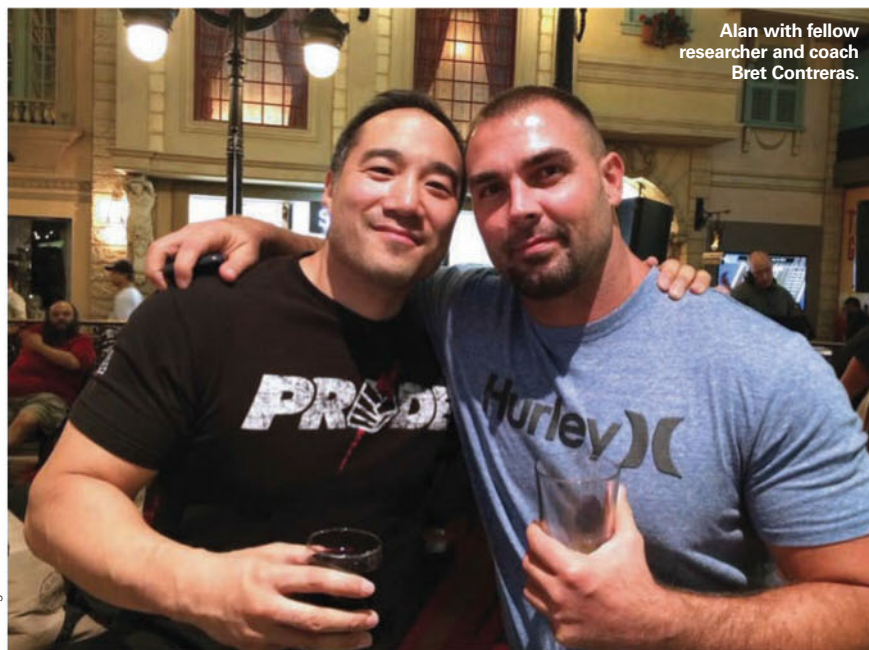
### If you could make one change to the fitness industry and its relation to nutrition, what would it be?

I would want people to not be so easily suckered into dietary fads. This involves educating them on how to evaluate the evidence behind claims. I would want people to become familiar with, and follow, the spirit of science by putting research above imagination and bullshit.

### Thanks again for speaking with us Alan. It's been a real treat. Anything else you would like to add?

I can't wait to return to Australia next year! Stay tuned for the details of that as they develop. Thanks guys for interviewing me. 

For more from Alan Aragon, visit his website at [alanaragon.com](http://alanaragon.com). For more information on Two Buff Girls and Athletic IQ, visit [twobuffgirls.com](http://twobuffgirls.com) and [athleticiq.com.au](http://athleticiq.com.au). For photo and video services, visit [adventscape.com](http://adventscape.com).



Alan with fellow researcher and coach Bret Contreras.

Alan Aragon



# Thinking Outside the Gym

By Thomas DeLauer

Training outdoors can provide a valuable mental and physical boost.

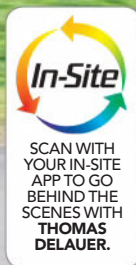
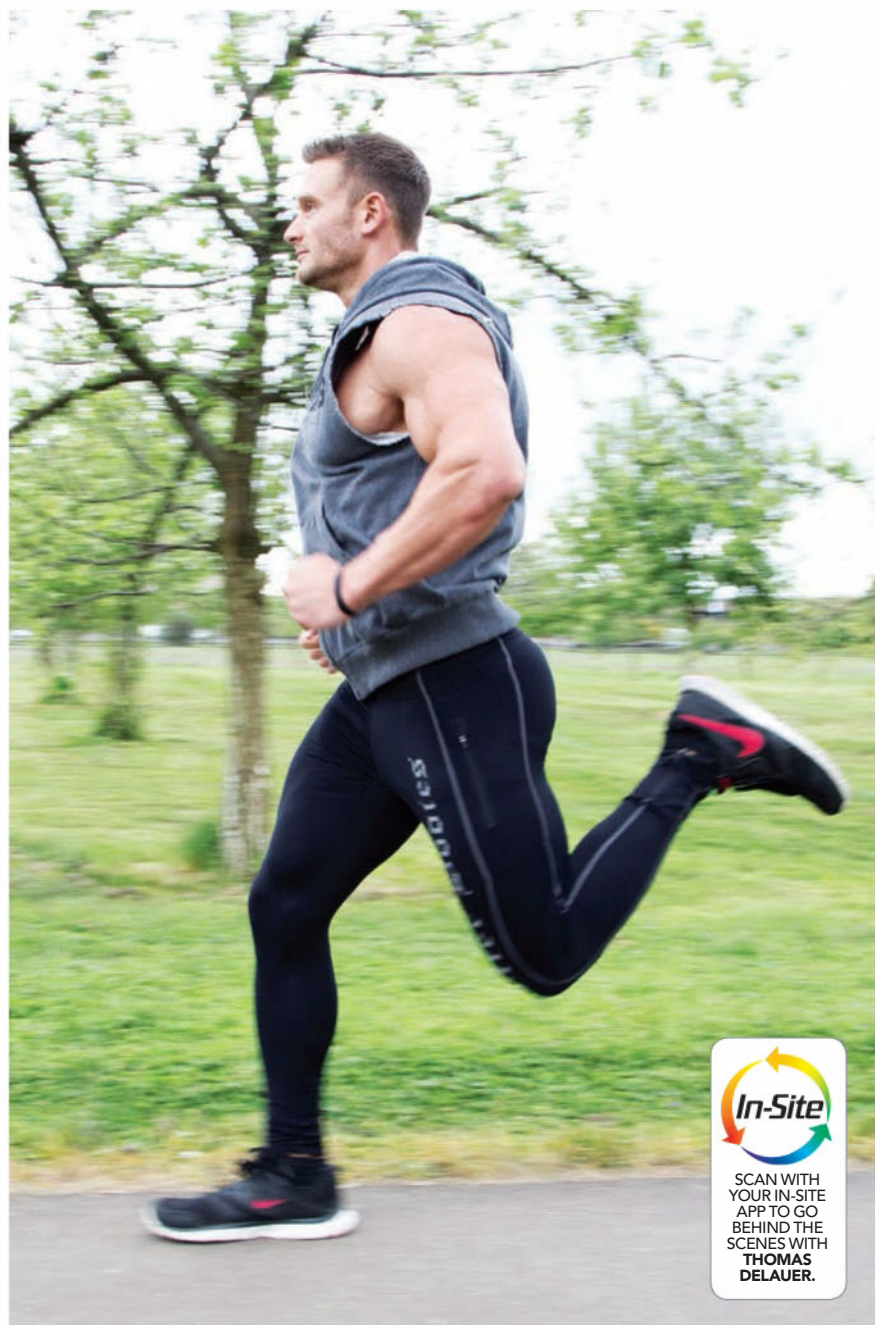
We go to the gym, we work out, and we move on, never really stopping to think about the stagnation that occurs from doing the same thing day in and day out. Albert Einstein once said, "The definition of insanity is doing the same thing

over and over and expecting a different result." Now, when Albert Einstein said this, he was gearing it toward science and, frankly, life in general. But let's take it to a physical level and look at it as it pertains to building an amazing body.

We change up our workouts, add more weight, new exercises, a little extra cardio, but what are we doing to truly change our patterns in a larger sense than just altering the gym routine? It can make us feel apprehensive to think about stepping away from the gym, but trying something different might be just what you need to overcome your barriers — the same barriers that have been keeping you from reaching both your physical goals and your mental ones.

I used to be afraid of losing my hard-earned muscle, so I avoided activities that I loved, like hiking and kayaking, anything that I thought might cause me to regress even one small fraction. It wasn't until I took the leap of risk that I realized that I not only looked better, but felt better when I spent more time outdoors, cross training and doing the stuff I used to love as a kid, like baseball or even playing with my dogs. In fact, the stimulation of something different brought me back into the gym with a better perspective of what defines a fit body in the first place. I came back to the weight room physically stronger and mentally refreshed, which allowed me to reach my goals quicker than I could have ever imagined.

Here's an example: If you get out of bed early to do fasted cardio, you are taking a step toward a better body. But do you have to get in your car, drive to the gym, and start a treadmill? Why not accomplish two things at once by getting outside and doing something different while still burning the same amount of fat? For those of you who still aren't convinced, consider the effect of cortisol on the body and how it can inhibit muscle gains and slow your fat loss. One of the most difficult obstacles that I had to overcome was accepting that living more of a stress-free life actually improved my physique. When I became less stressed, my body digested food better, I seemed to absorb more protein, and I made more substantial muscle gains. I was more rested and felt like I was living a more fulfilling



Eric Wainwright / Model: Thomas DeLauer



## MODEL BEHAVIOUR

What makes a successful fitness model or top-tier competitor is not luck, or even hard work necessarily, but a combination of those two, plus commitment. And just like any successful endeavor, taking some time to think outside the box is an absolute must. Here is a quick workout split that I implemented shortly before being offered my first magazine cover, and I like to attribute much of my success to adopting this. It allows you to recover and recharge your batteries so that you can get to where you want to go.

**Monday:** Quads, calves, triceps, 20-minute post-workout outdoor cardio

**Tuesday:** Hamstrings, back, biceps

**Wednesday:** Fasted low-intensity intervals done outdoors (30 seconds slow jog, 30 seconds walk)

**Thursday:** Chest, shoulders, abs, high-intensity interval training (run or bike) done outdoors

**Friday:** Quads, calves, triceps

**Saturday:** 30 per cent active-recovery workout (body weight or resistance bands) and light cardio

**Sunday:** Hamstrings, back, biceps

Do cardio on Mondays, Wednesdays, Thursdays, and Saturdays regardless of body parts targeted.

Adil Hachoui


It wasn't until I took that leap of risk that I realised that I not only looked better, but felt better when I spent a more time outdoors, cross training and doing the stuff I used to love as a kid.

life both in the gym and out. It was absolutely earth-shattering how much of a difference simply getting outside and doing something different changed the entire dynamic of my fitness lifestyle, and ultimately my fitness career.

There's another component to going outdoors: active recovery. Rest days are necessary, but they don't have to mean sitting inside, waiting for our bodies to recuperate. The best way to recover is to get outside and do what I call a '30 per cent workout', which is essentially an easy workout at 30 per cent of your normal intensity. Grab a pair of light dumbbells, a resistance band, and maybe a medicine ball and head to a local park or, if you're fortunate enough, a beach. Not only

will you get the chance to absorb a little bit of vitamin D and get some blood flowing to those damaged muscle fibres, but you'll recover in a way that recharges you for your next session in the gym.

The mind is a powerful tool when it comes to making the tough decisions that are part of being a top-notch fitness competitor or model. Just like you keep your muscles constantly adapting to changes in the gym, you have to keep your mind fresh in order to persevere through the difficult times of dieting and training. To put it into a bit more of a tangible sense, think of getting outside and changing up your program as a way to exercise a different muscle; in this case, that 'muscle' is

actually your brain. After all, being the best that you can physically be is only half of the equation, the other half comes down to willpower and commitment. Those traits need to be exercised and guarded at all costs. 



Eric WanWright

Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

Facebook.com/ThomasDeLauerMP  
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Twitter: @ThomasDeLauer



The background of the page features a close-up of a person's muscular arm and shoulder, wearing an orange singlet. Overlaid on this are several white hexagonal outlines of varying sizes, some connected by thin white lines, creating a molecular or network-like structure. The main title 'BRANCHING OUT' is centered, with 'BRANCHING' in orange and 'OUT' in white.

# BRANCHING OUT

BCAAs might be the best supplement you're not taking.

By Jenevieve Roper, PhD (ABD)

More research has been emerging on the many benefits of branched-chain amino acids (BCAAs), and most of the news is good. BCAAs are important amino acids and are the main drivers for promoting protein synthesis. There are several BCAAs, but of particular interest are leucine, isoleucine and valine. These are also three of the essential amino acids (EAAs), meaning we need to get them from our food, as we don't manufacture them ourselves. And using them appropriately will give you the advantage you need, especially if you plan on stepping onto the physique stage.

One issue that most competitors, or anyone trying to get lean for that matter, face is that as you lean out, you lose muscle mass. And unfortunately, it's much more muscle mass than you think. In fact, some research has shown that for every pound (0.45 kg) of weight you lose, up

to 55 per cent of that weight can be from muscle. This leaves you depleted and flat, which spells disaster for a competition. When it comes to improving body composition, this is the biggest challenge to overcome. But it can be done, and this is where BCAAs can help.





BCAAs are like superfriends to your muscles. They constantly come to the rescue of your lean tissue. One way they work is through gluconeogenesis, which is the formation of glucose from non-carbohydrate sources. It typically doesn't occur until you're low on glucose, which is pretty common when you're cutting carbs in an effort to get lean. Gluconeogenesis uses quite a bit of protein and a little fat to create glucose to fuel your muscles. And guess where it usually gets the protein? By cannibalising your muscles. The good news is, adding BCAAs to your daily routine can attenuate those low-carb losses. BCAAs have the ability to donate their amine group to pyruvate to form alanine, which is the most important gluconeogenic amino acid and can freely travel to the liver to aid in gluconeogenesis; this saves your muscle from being broken down for the same process to occur. Pyruvate tends to accumulate in the muscle because of reduced oxidative metabolism, which can be a consequence of carb depletion.

BCAAs also promote muscle growth by stimulating protein synthesis. It's been shown that consuming the three BCAAs can stimulate protein synthesis to the same degree as consuming all nine EAAs. Further research has shown that leucine is the main player in directly stimulating muscle protein synthesis. Now, before you simply take a bunch of leucine, you should know that the other two BCAAs play important supporting roles. For instance, taking leucine without valine and isoleucine can reduce the duration of protein synthesis. Scientists are still exploring the complex relationship between the three BCAAs, but all information points to the superiority of taking all three rather than just leucine. A slew of studies point to the potency of BCAAs in a 2:1:1 ratio for leucine, isoleucine and valine respectively, with a dose of at least two to three grams of leucine.





## FIT FACT

BCAAs have been shown to blunt muscle damage, resulting in reduced inflammation and faster recovery.

### BCAA timing

Fortunately, there are numerous times when you can ingest BCAAs. Before and during fasted cardio is a good time to consume BCAAs. They appear rapidly in the bloodstream after ingestion, so they can help protect that muscle tissue. Even after vigorous exercise, consumption of BCAAs is recommended. Intense exercise, both endurance and resistance, can lead to a negative protein balance. Consuming protein with sufficient leucine can shift you to a positive protein balance after intense exercise. One underutilised use of BCAAs is between meals. When ingested between meals, BCAAs extend protein synthesis. Currently, it is recommended to alternate meals of 25 to 35 grams of whole-food protein sources with snacks that contain BCAAs and carbs due to improvement in protein balance in a 24-hour period. The amounts of carbs you add will depend on your energy needs, as some of you may need fewer carbs if you're trying to lose body fat.

### BCAAs versus protein

Whey protein is loaded with BCAAs, but sometimes it's more beneficial to take a BCAA supplement instead of protein and vice versa. So when is that the case? If you're trying to keep your plasma insulin concentrations low — such as during fasted cardio — then your best bet is to go the BCAA route. (BCAA formulations are typically non-caloric, another reason why they are so useful while cutting.) Protein, especially hydrolysed whey protein, can instigate a surprisingly

robust insulin response, leading to greater glycogen replenishment. But when you're already carb depleted, you don't really have any glycogen to spare, so it's better to keep those insulin levels low.

Also, as I indicated earlier, BCAAs are absorbed quickly. However, when you're consuming protein, the BCAAs are bound to other amino acids causing slower digestion and absorption of them. Therefore, if you're trying to benefit from BCAAs intra-workout, post-workout, or during fasted cardio (another instance when you might want to keep insulin levels low by choosing BCAAs over protein), it's better to simply consume BCAAs in the free-form rather than trying to get them from protein.

### BCAAs and your immune system

It's well known that intense exercise leads to a depressed immune system for several hours after the workout and that repeated bouts in a single day can be even more detrimental. The depression leads to an increased risk of infection (getting sick), which can

CONSUMING  
PROTEIN WITH  
SUFFICIENT LEUCINE  
CAN SHIFT YOU TO  
A POSITIVE PROTEIN  
BALANCE AFTER  
INTENSE EXERCISE.






wreak havoc with stepping onstage or competing in that event you've had your eye on (not to mention family and work obligations). However, supplementation with BCAAs has been shown to prevent the suppression of the immune system following intense exercise by increasing glutamine concentrations and improving immune system function. In fact, BCAAs have been used as a supplement with many different clinical patients, as they have an added benefit while trying to recover from different disease states.

### BCAAs and fatigue

Fatigue, both genuine and perceived, can slow you down and prevent those gains you're chasing. We usually get our boost through caffeine or a pre-workout that leaves us feeling invincible. However, BCAAs are also capable of doing the same thing without the jittery feeling or increasing caffeine insensitivity. Researchers have determined that BCAAs reduce mental fatigue during exercise and improve physical performance. It's thought that BCAAs actually compete with tryptophan when entering the brain. Tryptophan is believed to increase

serotonin and lead to the feeling of tiredness. However, because BCAAs compete for receptors with tryptophan, they can lead to lower serotonin levels in the brain and decreased feelings of fatigue. This is still somewhat debated, but the mechanism is plausible.

Bottom line, a solid BCAA formula is one supplement you want to have on your side — and in your water bottle. The benefits of BCAAs extend past muscle protein synthesis and can help combat adverse side effects of intense exercise, such as muscle soreness, inflammation, and even reduced testosterone production. Their rapid entry into the bloodstream makes them a key player in preventing muscle breakdown during fasted cardio, and their ability to help prevent the depression of the immune system can keep you in the gym on a consistent basis, which is the very foundation of progress. Keep them handy. You'll thank me later. 

Jenevieve Roper, PhD (ABD), CSCS is completing her doctoral program in exercise science at the University of New Mexico where her research interests include running injuries and sport performance.

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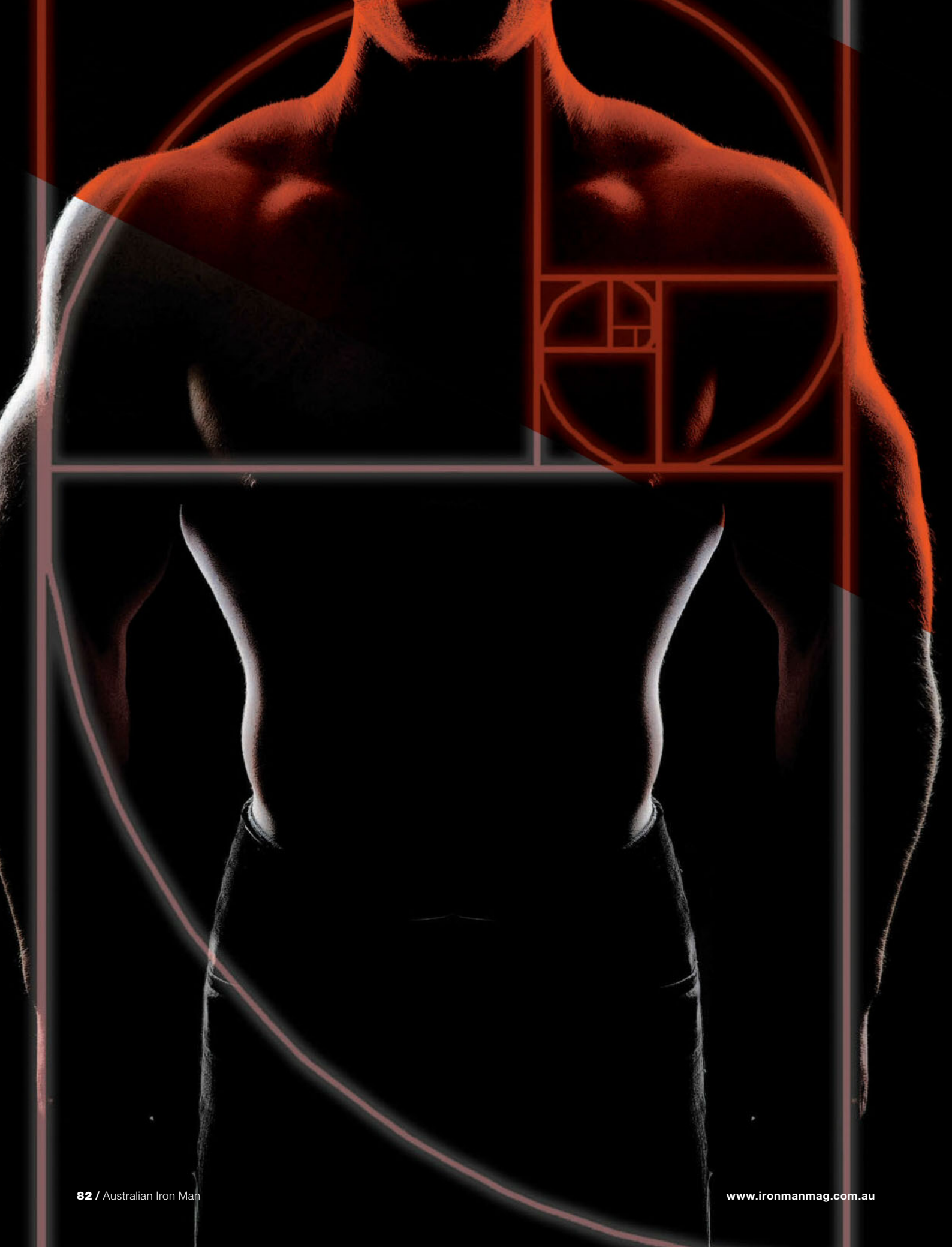
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A large, bold, black letter 'V' is the central focus of the page. It is set against a background of geometric shapes in shades of orange, red, and light blue. The 'V' is composed of two thick, slightly irregular vertical strokes that meet at a sharp point at the bottom.

BECOME  
THE ULTIMATE  
INCARNATION  
OF MUSCULAR  
AESTHETICS

By Alexander  
J.A. Cortes  
Photography by  
Michael  
Neveux

# BUILDING THE MEGA



## THROUGHOUT BODYBUILDING HISTORY, THE MOST ICONIC AND LEGENDARY PHYSIQUES HAVE ALWAYS HAD ONE KEY CHARACTERISTIC: THE V-TAPER.

The V-taper, also known as the waist-to-shoulder ratio, is when one's shoulder and chest circumference is dramatically larger than the waist. It's a truism that predominates trends. The bigger the shoulders and smaller the waist, the more impressive the physique looks in any era and in any culture.

Having a small waist and big shoulders is coveted not only in bodybuilding, but in athletics as well. A powerful upper body and tight midsection is not simply aesthetically pleasing; it also indicates strength and a certain alpha-male dominance. This concept is not confined solely to bodybuilding either. It actually has a name in biology, known as the 'golden ratio'.

The golden ratio is a reoccurring factor in nature of 1.61:1. This ratio represents the ideal proportions of everything from the length of bones, to the dimensions of leaves and plants, to the structure of DNA. Building a mega-V, then, is not just going for a certain look but actually a precise mathematical way to develop a body that is aesthetically magnificent.



### Nader Freij

**Age:** 32

**Lives:** Pasadena, California, USA

**Profession:** Co-owner of Reflex Performance/personal trainer/chef

**Likes:** Naps, farmers markets, cooking, riding my motorcycle, working out

**Dislikes:** Not going to the gym, waking up early in the morning, cold weather

**Motivation:** I hate to fail or to feel average; I like to make my father proud

**Listens to:** Kanye West, Jay-Z

**Favorite diet food:** Oatmeal with chocolate protein and cocoa powder

**Favorite cheat food:** French fries

**Favorite vacation spot:** Cancun, Mexico

**Gym or cardio?** Gym

**Chicken or steak?** Steak

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## THE MATHEMATICS OF THE MEGA-V BODY

Relative to the V-taper and a muscular physique, the golden ratio can be used to find the optimal dimensions of your own body. A mega-V physique is one where the circumference of the shoulders is 1.61 times greater than the waist. Here is a very straightforward way to find your own ratio.

**1** Measure the circumference of your chest and shoulders, going around the nipple line and upper back.



**2** Measure the circumference of your waist around the navel.



**3** Divide your shoulder circumference by your waist circumference.

For example, let's say a man has a 32-inch (81 cm) waist and 55-inch (140 cm) shoulders:  $55 \div 32 = 1.71$ .

This would be a mega-V body.

By contrast, someone with a smaller upper body and larger waist might have 50-inch (127 cm) shoulders and a 34-inch waist (86 cm), giving him a shoulder-to-waist ratio of 1.47:1. This individual would have room both to grow muscularly and lose body fat as well.

The math doesn't need to be confusing though, as there is a simple hack for building your own mega-V body. Create a 20-inch (51 cm) difference between your shoulder circumference and waist circumference. How do you do this, you ask? Read on.





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## BUILDING THE MEGA-V

There are six separate strategies that factor into creating a mega-V physique:

### 1 TRAPEZIUS (TRAPS)

Build upper-back thickness and shoulder density.

### 2 DELTOIDS (SHOULDERS)

Increase shoulder width and thickness.

### 3 LATISSIMUS DORSI (LATS)

Develop flared lats that lead up to wide shoulders.

### 4 ABDOMINALS (ABS)

Create the smallest and tightest waist possible.

### 5 DIET

Create a daily calorie deficit.

### 6 SPRINTS

Use powerful intervals to tap into stored body fat.

## TRAPS

The trapezius attaches at the top of the neck, extends out along the shoulders and then tapers down into the mid-back. While the trapezius may not seem to be a part of the mega-V, it is actually very crucial. A well-developed trapezius increases the thickness in the upper back, strengthens the stability of the shoulders, and helps to increase the overall muscular density of the deltoids.

### 1. BARBELL SHRUG PULL FROM THE HANG

Load the barbell to about 40 per cent of your one-rep max for the deadlift. Using a double-overhand grip, stand up with the weight. From here, hinge back with your hips and lower the barbell to one to two inches below the knees. Explosively snap your hips forward while shrugging your shoulders as high as possible. Return to the hang position for the next repetition, and repeat this process for the designated number of reps. *Perform 4 sets of 5 to 8 reps.*



### 2. DUMBBELL TRIPLE-POSITION SHRUG

This shrug is performed in three different positions with three different angles of grip. You will be using moderate weight due to the extended time under tension. A recommended load is one quarter of your body weight — 50-pound (23 kg) dumbbells for a 200-pound (91 kg) man.

**First position:** Begin by externally rotating your shoulders as much as possible so your palms face forward. You'll be holding the dumbbells almost behind your body in this position. From here, perform a shrug and focus on elevating your shoulders as high as possible. While range of motion may initially be limited, over time it will improve. This first position will target your rear delts and medial fibres of the trapezius. *Perform 10 repetitions, then switch to the next position.*

**Second position:** Rotate your palms to a neutral grip, palms facing the body. This is a typical shrug position. *Perform 10 full repetitions, with the focus on elevation of the clavicle as much as possible.*

**Third position:** Rotate your palms to a pronated position, facing backward. Bring the dumbbells to the front of your thighs. Elevate your clavicles as high as you can, pulling toward your ears. At this point, you can use momentum if your traps are especially fatigued. *Perform 3 sets of 30 reps.*



### 3. STANDING FACE PULL

Using a cable station, set the pulley to about chin height and use a rope attachment, the same kind you would use for a triceps pushdowns. Taking a neutral grip on the rope, initiate the movement by pulling back with your elbows and end with your hands right next to your ears. The peak contraction point should resemble a double biceps pose. *Perform 3 sets of 10 to 15 reps.*





# ► SHOULDERS

The deltoids have three muscular sections known as heads: the front or anterior delt, the middle or medial delt, and the rear or posterior delt. By performing movements that target all three, you will maximise size, creating greater width in the circumference of the shoulders.

## 1. SEATED HIGH INCLINE PRESS

This can be performed in either a power rack or a Smith machine. Set an incline bench to 65 degrees. Position the bench so that the barbell is one to two inches above the base of your throat in the bottom position. Planting your feet, position your body under the barbell — your shoulders and elbows should be directly underneath the barbell. Press up and overhead, and lower to about chin height. *Perform 5 sets of 5 to 10 reps.*



## 2. DUMBBELL UPRIGHT ROW

Using moderate-weight dumbbells, take a pronated (overhand) grip, with the dumbbells resting on the front of your thighs. From this position, initiate the move by pulling up and outward with your elbows. Your hands will trace an upward path, with the dumbbells being pulled to just below your shoulders. Repeat reps in this fashion, using momentum as your shoulders fatigue. *Perform 4 sets of 8 to 15 reps.*



## 3. INCLINE REAR DELT FLYE

Set a bench to approximately 30 degrees. Select light dumbbells of about 10 or 15 pounds (4.5–6.8 kg). Lie on the bench chest-down, with your arms hanging down. Taking a slightly pronated grip, grasp the dumbbells and start the movement by swinging your hands out to the sides. The dumbbells should be brought to shoulder height on each rep. *Perform 3 sets of 15 to 30 reps.*





# ► LATS

The latissimus dorsi starts in the armpit and goes all the way down to the waist. The lats are one of the longest (and strongest) muscles in the body and have immense potential for hypertrophy.

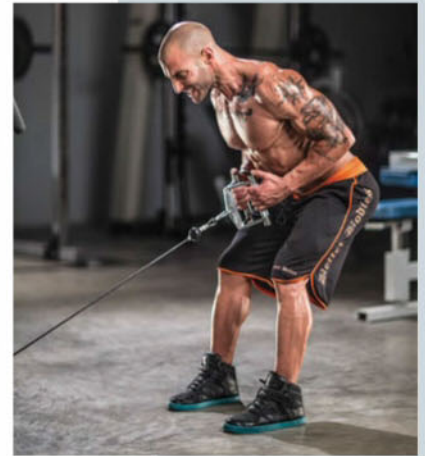
### 1. SCAPULAR PULL-UP

Using a straight or angled pull-up bar, begin with a medium-width overhand grip. Begin pulling using your lats as you would a regular pull-up, but pull the sternum to the bar versus the chin. This will require an upward lean to be taken on each rep, as well as increasing the range of motion. *Perform 5 sets of 5 to 10 reps.*



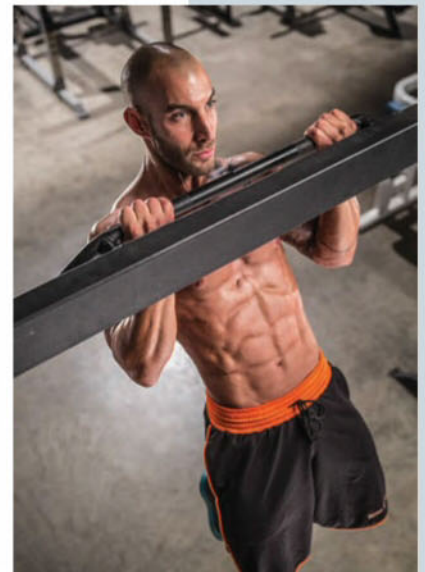
### 2. GIRONDA BENT-OVER CABLE ROW

Using a cable attachment, set the pulley to floor level and attach a D-grip handle to it. Gripping the handle with a neutral grip (palms toward you), take a few steps back, then lean forward from the waist. From this position, the angle of the pull will place the whole latissimus under tension. Allowing the arms to begin in a fully extended position, pull backward, driving your elbows toward the insertion of the lower lats at the waist. *Perform 3 sets of 10 to 20 reps.*



### 3. STRICT CLOSE-GRIP CHIN-UP

Using an underhand (supinated) grip, grip the pull-up bar with your hands shoulder width or closer, depending on what feels more comfortable. Contracting the lats, pull your body toward the bar, bringing your chin fully over the top on every rep. Utilise straps if your lats and back are fatigued from the prior two exercises. *Perform 4 sets of 5 to 10 reps.*





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# ABS

Before the word 'core' came into the training lexicon, there were just abdominals. The abdominals have the potential for hypertrophy like other muscle groups, and training the rectus abdominis (the six-pack muscle) and emphasising the lower abs increases muscular tonicity and tightens the appearance of the stomach.

### 1. BICYCLE ALTERNATING CRUNCH

Using a mat, sit down on the ground in a supine position (on your back). Place your hands behind your head and elevate your torso and legs by contracting your abdominals. Bring your left knee in and crunch toward it, touching it with your right elbow. Repeat this alternation until all reps have been completed. *Perform 3 sets of 10 to 20 reps per side.*



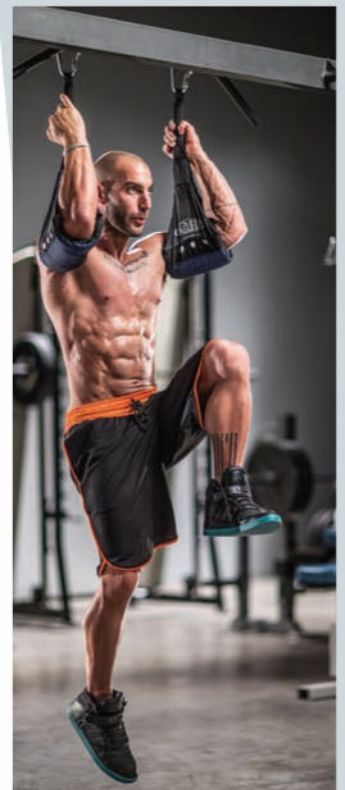
### 3. STABILITY BALL PLANK WITH ALTERNATING TOE TOUCH

Using a large stability ball, place your feet on the ball and assume a push-up position with your hands. One leg at a time, bring your foot out to the side as far as possible and touch it to the floor. Flex your core to keep your torso as stable as possible. Return your foot to the ball and then touch your other foot to the floor. That counts as one rep. Perform all stated reps to completion. *Perform 3 sets of 6 to 10 reps per side.*



### 2. ALTERNATING HANGING KNEE RAISE

Grasp a pull-up bar with your strongest grip and your feet off the floor. Use ab straps if the grip and back are too fatigued to sustain hanging from the pull-up bar. From this position, breathe out and tighten your abdominals, and then raise your knees as high as possible toward your chin. Do not use momentum or swing the body to keep the movement going. Perform all reps with strict execution. *Perform 3 sets of 5 to 10 reps per side.*





## DIET

Losing excess adipose tissue is all about understanding calorie control. Much like the golden ratio, knowing the mathematics of metabolism and fat loss will be your strategy in changing your physique.

Estimating metabolic rate involves using various formulas, but there is a simple hack for determining calorie needs for fat loss, weight maintenance or muscle gain. Bigger guys should use the higher number. (Remember: 1 pound = 0.45 kg)

■ **FAT LOSS:** Multiply your body weight in pounds by 10, 11, or 12.

■ **WEIGHT MAINTENANCE:** Multiply your body weight in pounds by 13, 14, or 15.

■ **MUSCLE GAIN:** Multiply body weight in pounds by 15 to 20.




## SPRINTS

Sprinting will always be something of a 'secret weapon' for fat loss. Sprints by themselves won't eliminate body fat, but adding them into a well-designed training and nutrition program can have a dramatic effect on body composition.

While all forms of sprinting can be beneficial for fat loss, not all sprints are necessarily created equal. Longer intervals sprints, those that go beyond 20 seconds, have been demonstrated by research to be most effective for tapping into stored body fat. This length of sprint most heavily uses the glycolytic energy system, which utilises stored glycogen in the muscle for fuel. Glycolysis, as it's called, creates the greatest metabolic disturbance within the body and increases intra- and post-exercise fat metabolism.

This length of intervals are often called 'lactate threshold' intervals, due to the extreme amounts of lactate (a type of acid that mistakenly gets called 'lactic acid') that builds up in the muscles. Training this way for too long can be detrimental, as it is extremely fatiguing to perform intervals longer than 30 seconds. By limiting sprints to 30 seconds, however, you will get all the fat-burning effects while avoiding overtraining and impeding recovery.

Perform any of the following for six to 10 sets of 30 seconds each. Allow for complete recovery between sets.

- 1. BURPEES:** From an athletic position, drop down into a crouch, kick your feet back, taking your body into a plank position. Jump your feet back in and then jump immediately overhead, reaching your arms toward the ceiling. Land back into the crouch and repeat until 30 seconds have passed.
- 2. STATIONARY BIKE:** Set a moderate amount of resistance on the bike, then pedal as fast as you can for the full 30 seconds. Resistance should not be so demanding that you are forced to stop pedaling at any point in the interval.
- 3. HILLS:** Perform them outdoors or on a treadmill set to a 10 per cent incline. 



## AMI STOCKTON

Injuries and personal hardships don't have to mean the end of your sport or goals. It is a hurdle in your path, not a roadblock. These things affect you but don't need to control you. I have achieved goals and successes that I could have only dreamed about after overcoming the challenges that inevitably life throws at us from time to time. Injuries and setbacks can be one way of bringing out inner strengths of an individual, a true revealer of character. It is what you do afterwards that separates the weak from the strong. I want to share my story to help inspire others to overcome and succeed.

Growing up, I was always active, with years of ballet, squad swimming, school athletics and, later, getting into competitive aerobics, weight training and karate. After high school I became a personal trainer and aerobics instructor. In 2005, I started working on a cruise ship as a PT, based in the USA, and later as a full-time self-defence consultant in Houston.

In March of 2008, I was trying Muay Thai and during a kick I damaged my right knee. An MRI showed a partial tear of the ACL. Against advice I decided not to have an operation and instead nursed the injury. I had to modify my program but got myself into the best shape of my life and found myself on stage competing in my first Figure competition that September. The following year I placed fifth at the West Texas Classic. I then returned home to Melbourne to compete in the GKR Karate World Cup. In 2009, during karate, I completely tore the previously injured ACL. An operation was the only option.

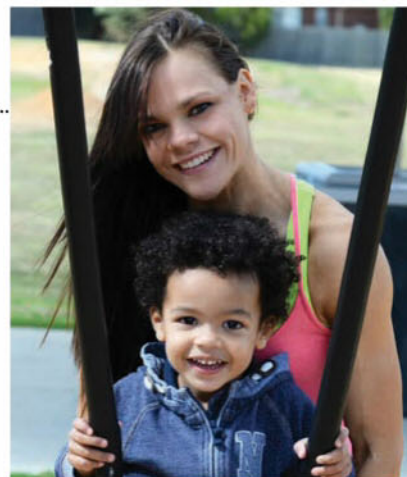
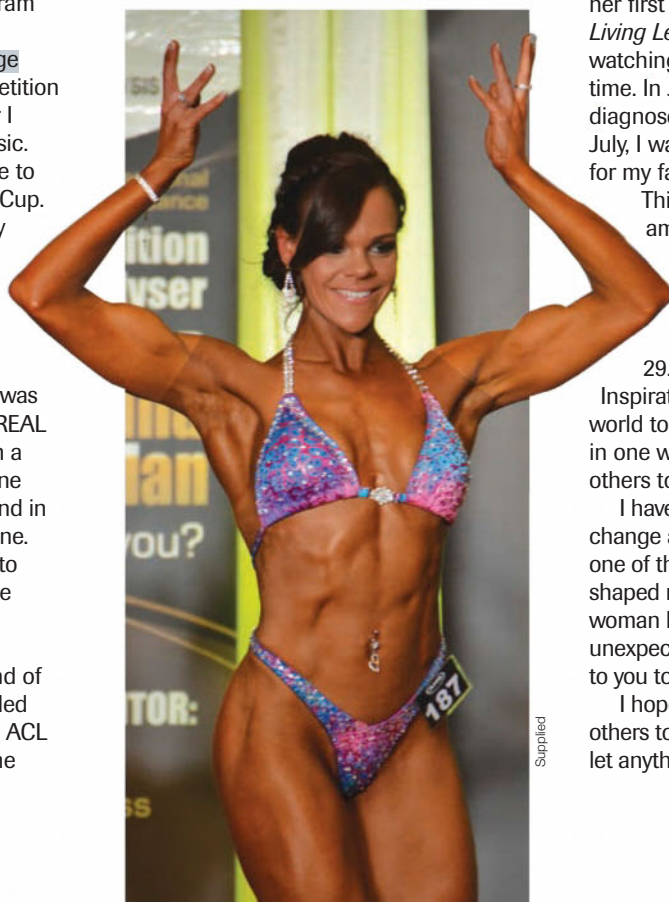
Back in the US, I competed in the REAL Lone Star Championship in May 2010 and took first place in Figure and third in Fitness Model. I was so ecstatic — first place! I was the REAL Figure Champion. I competed again a month later at the Musclemania Lone Star Championship and came second in Figure. I had the knee surgery in June.

After intense therapy, I headed to Birmingham, England for the karate world cup. I completed my routine (*kata*) and came fifth overall in my division. Then, during the first round of sparring, my leg popped and buckled underneath me. I had fully torn my ACL and partially torn my MCL. I had the

ACL reconstruction in August. After the operation I missed my family so much that I returned home in October 2011.

In May 2012, I competed in the INBA Melbourne Natural Classic and came second in Figure. One month later, I found out I was pregnant. On January 17, 2013, Ty Brayden Allen was born, a healthy 9 lbs, 8 ounces. He was so perfect. There are no words to describe the emotions of holding your baby for the first time. Through the pregnancy I gained 35 kg. I returned home from the hospital weighing 85 kg. I cleaned up my diet and commenced walking. After my six weeks' recovery was up, I returned to the gym. Through diet and exercise, six months after having Ty, I had reached my goal weight of 60 kg.

When Ty was only seven months, I became a single mum as my relationship with his father failed. The break-up was really difficult and caused a lot of stress. To help me through, I turned to fitness, which got me through the hardest time of my life. In September 2013, I was back on stage in INBA's new Bikini Momma division, only eight months after having Ty.



Supplied

In February 2014 I entered a competition to win a sponsorship with GNC Frankston and won! Much to my delight, at the presentation I was also offered a sponsorship with SumoSalad Bayside. I then decided to compete in Figure at the ANB show that was only six weeks away. This was a challenge: combining my dream job as the club manager at Anytime Fitness, Langwarrin, plus being a single mum, all while preparing for a competition. My mum's help with Ty was invaluable! Six weeks later, two days after my 30th birthday, I was back competing. In April 2014 I was introduced to Penny Lomas. I became her first success story for her TV series *Living Lean*. It was an incredible feeling watching myself on TV for the first time. In June, injury struck again. I was diagnosed with an umbilical hernia. In July, I was operated on; I was so grateful for my family's support during this time.

This year, together with my amazing new coach Dan

Tramontana, I won the INBF/ WNBF Figure on March 7 and first place in the Figure Short class at the ANB on March

29. I was also awarded the Most Inspirational Award, which meant the world to me because it recognised that in one way or another I am helping others to also achieve their goals.

I have many scars now but I wouldn't change any of them because every one of those scars has a story that has shaped me into the strong, independent woman I am today. Life will always throw unexpected obstacles in your way. It's up to you to rise above them!

I hope my story has helped to inspire others to find their inner strength and not let anything get in their way!

Supplied



# EVAN LA MOTTA

I was and still am a massive WWE fan, ever since I was a child. Watching all these huge, successful wrestlers do what they love inspired me to be big and muscular and that is why I started weight training at 14 years old. Every year I would ask my parents for a new piece of equipment for my birthday and Christmas.

What draws me to weight training and bodybuilding more than anything is you can't buy a stage-ready physique; someone who is wealthy can buy the best trainers, the best supplements and have all the top facilities etc. but they still have to put the hard work in and be disciplined to get a great physique. A stage-ready

physique is one of the few things in the world that money can't buy and that is one thing that I love about the sport.

My career goal is to be a professional bodybuilder. I have a passion for the sport, I love the feeling of getting up on stage and showing others what I have achieved through hard work and dedication. I have always played team sports in the past and bodybuilding is a sport that relies solely on your individual input and I find that so rewarding. To make my hobby my career would be my ultimate goal, and going to work doing something you love is everyone's dream! I love the feeling of inspiring others and I would also love to work in the industry, helping others achieve their goals.

There are a few people who inspire me in this industry: John Cena, because he has a can-do attitude. His slogan is never give up and he always has a positive attitude, no matter how

much others put him down. Simeon Panda, because he has created an empire through bodybuilding and that is something I aspire to do. Calum von Moger because he is Australian, he travels the world competing in bodybuilding competitions, which is what I aspire to do. He also reminds me of a new-age Arnie and has the ultimate physique.

I have competed three times with natural federations ANB and INBA. My first comp was in September 2013 in the Juniors division with ANB, where I placed third. In May 2014, I competed with the INBA, placing second in the 77 kg+ class and first in the Open. My future competition plans are to compete at the PNBA Pro Qualifier in October this year at the Brisbane Convention Centre, where I could be in the running for a pro card. I would love to travel the world competing.



## EVAN LA MOTTA STATS

Weight: 100–120 kg  
Height: 192 cm  
Age: 24

## COMP HISTORY

- ANB Juniors Sept 2013, 3rd Place
- INBA May 2014 77kg+ Class, 2nd Place
- INBA May 2014 Open Class, 1st Place

All pics Nelson Azevedo



## JACOB GOODLICH

I got bitten by the 'iron bug' when I was 16. Unfortunately it was for the wrong reasons. I was at a high school that had violence and drug use associated with it at the time — and I was no exception.

I began training fuelled by rage and hatred, and with the intention of gaining enough strength so that I would be able to face several people I had a rivalry with at the time. This rage-fuelled training became obsessive and consisted of training at home on poorly homemade equipment — I remember falling from doing chin-ups on a bar that I had literally taped to a couple of light posts — and it also consisted of a poor and stupid man's high protein/high calorie diet (mixing peanuts with yogurt at school, having peanut butter with cottage cheese, drinking raw eggs etc). This was in 2009, and I remember that this was when the movie *X Men*:

*Origins* had come out and Hugh Jackman's



Supplied



Supplied

body was all the rage. I identified with Hugh because I felt I was given similar genetics to work with, i.e. tall and skinny, small boned etc. And I was massively inspired to replicate it in myself. Little did I expect that I would surpass his physique within four years of training.

As I continued my training through the ages of 17, 18 and 19, my motives changed; however, they were still not the 'right reasons'. My motives were the same as any teenage guy working out, and that was to impress girls and be bigger and stronger than the next guy. I was four years into training and had still not set foot in a gym; all of my training was at home with nothing but a barbell, some dumbbells and a squat rack.

My training was (and still is) very basic, although at the time I had very little money, so I was still improvising my diet in unconventional ways... I remember adding tuna to my spaghetti bolognese and thinking milk was amazing. For better or worse, I had gone from 72 kg to around 85 kg in four years. Fast forward another year into 2013 and I am now 20 and getting certified as a personal trainer and gym instructor. By this time my motives have changed yet again — no longer am I thinking about my sex appeal with my girlfriends, but now I have a genuine love for the sport of bodybuilding. I see it as a beautiful art and that the look of a man with a narrow waist, wide shoulders, full chest and perfectly shaped bicep peaks replicates that of a Greek god. I've gained a huge respect for bodybuilders of the Golden Era and upon studying their methods, realise that I have been on the right track all along — with my simple barbell exercises and chin-ups I could attain what they had attained.

And I did. In fact, currently my waist measures 27" (68.5 cm) and my shoulders over 50" (127 cm).

I finally began my training at a gym and started making enough money to buy protein powder and diet properly. I had built a great base and had broadened my structure and now it was time to add shape and proportion myself better. I gained so well with my new-found resources that I decided that I would compete — in September of 2014, with the ANB federation — giving myself a year to get to where I needed to get. I bulked from 88 kg to 98 kg, training and eating like a madman. I gained a lot of mass in this time, and refused to have professional help. I took dieting, training, posing, and tanning into my own hands, which required furthering my knowledge in these fields. I had the same enthusiasm and temporary insanity that I had when I was 16, but this time my mind was focused and motives were pure. I stepped on stage at 83 kg and took home the first place trophy for Junior division, as I was 21. Eight months on now, I am 22 and in the best shape of my life, and plan on competing again this September.



# MELANIE BOWN

It was late at night and I was scrolling through images of Larissa Reis on my laptop. Astonished by her chiselled physique, I was inspired to compete.

At the time, I was working for a Dutch bank in Amsterdam. I had been training daily for years but had little nutrition and bodybuilding knowledge. My search for local fitness shows proved unsuccessful, so I entered the Miami Pro UK Championships in London. Filling out the entry form was an adrenalin rush. I had absolutely no idea what I was doing; I just knew that I had to compete at least once in my life. I didn't know that the sport would completely change the direction of my life.

At the time, I lived around the corner from Health Club Jordaan, Amsterdam. After training there for some time, I hired a PT and started doing a lot of online research to prep for the show. I absorbed as much training and nutrition knowledge as I possibly could. I really enjoyed trying new supplements and all of the raw, natural superfood products that the gym had stocked in their café. I started incorporating a number of these foods into my prep diet and in a very short period of time, my energy levels went through the roof. It didn't take long before I started to see physical changes.

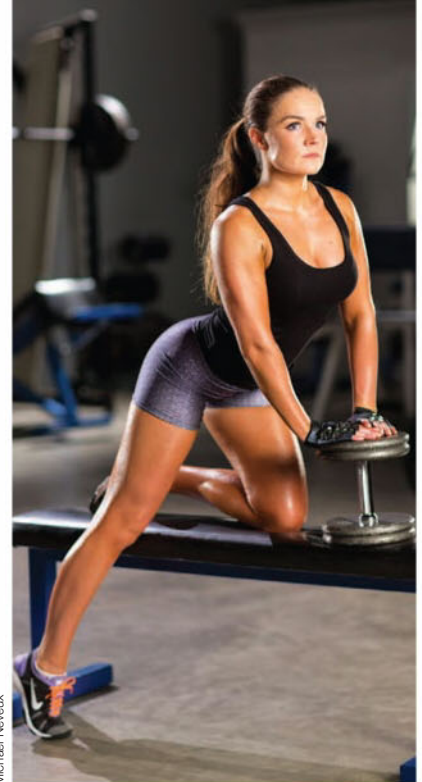
Through the preparation process, I soon came to realise that bodybuilding

**I didn't know that the sport would completely change the direction of my life.**

is an expensive sport. At the time, there was an oligopoly of contest bikini suppliers in Europe, which allowed for significant profit margins. In search of a more affordable alternative, I cycled into the red light district on a Saturday morning to find a metallic 'scrunch-bum' bikini and a pair of clear heels. That was an interesting experience to say the least.

I really enjoyed competing in the London show and before I knew it, I was boarding a train to Paris to compete in the Musclemania European Championships, where I placed fourth in Bikini (Short). The following week, I competed at the NBPf Dutch Championships, placing second in my division.

In preparing for these shows, I spent hours online searching for contest products and comparing prices. It became evident that many female athletes were taking a 'do-it-yourself' approach when it came to sourcing their bikinis and costumes.




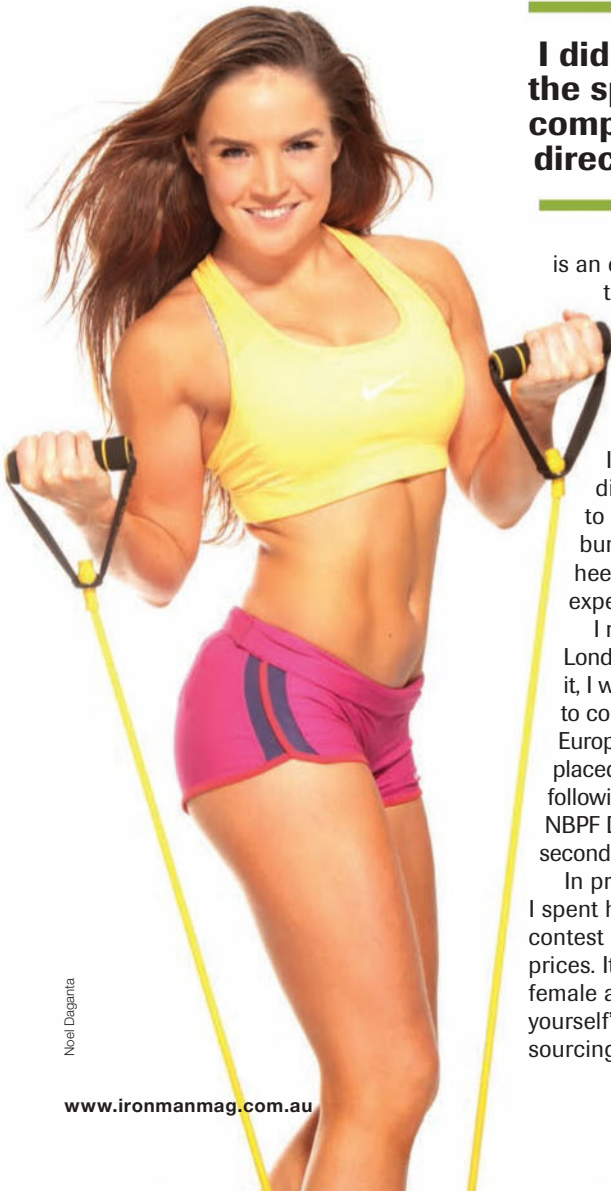
Michael Neveux

[www.facebook.com/Mel-Bown-Fitness](https://www.facebook.com/Mel-Bown-Fitness)  
[www.piba-store.com](http://www.piba-store.com)  
Instagram @\_piba\_

Upon returning to Australia, I transitioned out of the banking industry and decided to do my own thing. I began sourcing contest products directly from China and, in 2013, I launched PIBA, an online store that centralises affordable gym and contest necessities for women. PIBA's printed gym leggings have since been shipped to over 30 countries.

The sport of bodybuilding has provided me with amazing opportunities and has introduced me to an international network of passionate, driven people whose fitness journeys continue to inspire me.

The ability to turn a creative vision into a physical reality is an amazing gift that very few get to experience in a lifetime. Kai Greene once said, "In the mind of every artist, there is a masterpiece." Through PIBA, I hope to inspire and empower others to achieve their masterpiece. 



Noel Dagitanta



# NORTHERN LIGHTS

Two INBA shows recently held in Queensland demonstrate the popularity and diversity of the natural organisation. The reports here, Scott Piper's Tropix Classic in Townsville and Kay and Angela Wiseman's Silent Hero's Classic in Chandler, celebrating competitors from the Australian Defence Force, each show the depth of talent this part of the country has to offer natural bodybuilding.

Photography by Darren Burns



Michael Cunningham, Tropix Overall Champion.



# INBA TROPIX TOWNSVILLE CLASSIC

Report by Darren Burns

The natural bodybuilding scene continues its resurgence in Townsville with the most successful INBA Tropix event to date. The Townsville Entertainment and Convention Centre proved to be a magnificent venue as more than 1000 spectators packed the theatre to see almost 400 of Northern Queensland's best natural bodybuilders, physique, fitness and bikini competitors.

With each of the 40 divisions being closely contested, the judges certainly had a difficult task over the course of the day. It was impressive that many competitors travelled from far regions of the state to compete in the premier event of Northern Queensland. Among the many highlights throughout the day were some of the magnificent costumes in the Angels division. This category is certainly a spectacular way to open a show. Jenna Monkhouse was stunning in taking out this class ahead of Jade Kelaita in second and Emily King in third place. Adam Ratkovic made the trip from Cairns to compete and it certainly paid off with him winning the Men's Fitness Model Open division. Sam Perkins took out the Men's Physique class and presented a balanced combination of muscularity and conditioning that was ideally suited to the criteria for his chosen class.

The Fitness Novice, featuring three height divisions, was another hotly contested category. The Fitness divisions saw the introduction of the First Timers class and it was wonderful to see it was well supported with more than 30 competitors. Susan Theiss had a very successful day, winning the Fitness Open Class 2 and then being awarded the Overall Ms. Fitness title by promoter Scott Piper.



Tropix Men's Masters 50+.



Tropix Ms. Figure Open.



Tropix Mr. Fitness Open.





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APP TO SEE MORE  
EXCLUSIVE IMAGES.



Tropix Men's Physique Open.

It's not too often that someone making their debut onstage walks away with an overall title, but that is exactly what Sarah Jones did. Entering the Ms. Figure First Timers, Sarah recorded her first win on the day, first place in the Ms. Figure Novice class, followed by another gold medal in the Figure Open class before being awarded a stunning Tropix shield.

In the Men's Masters Bodybuilding class, Robert Walkley and Charles Boyles showed that age is no barrier as they continue to make improvements to their physiques. Robert won both the Men's 50+ and 60+ classes and Charles received the judges' nod in the Masters 40+ class, as well as for the Overall Men's

Masters title. Local bodybuilder Michael Cunningham had the home crowd on his side as he posed for the prestigious Men's Overall title and at the conclusion of the posedown gladly accepted the overall Tropix shield.

The production of the event was excellent with backstage interviews with the competitors being shown on the main screens and also the innovative Hall of Fame awards in recognition of last year's overall winners. A huge congratulations to Scott and his team for staging an outstanding competition.



Tropix Ms. Figure Class 2.

## INBA SILENT HERO'S CLASSIC

Report by Kay and Angela Wiseman

The first Silent Hero's Classic brought some standout defence and emergency services competitors to the stage on May 23rd at the Sleeman Sports Complex in Brisbane.

Newcomer Jess McGuire presented an amazing physique and walked away with the overall Figure title after winning the Novice and Open categories. The Men's Novice and Open categories were a battle between two very different physiques: Nish Prasad's much more conditioned physique and the heavily muscled body of Justin Langford. In the end, the judges went with conditioning and awarded both the Men's Novice title and the Overall Men's trophy to a very excited Nish.

The male and female Fitness categories were popular as well, with Zac Ward taking out a very close contest against Andy Moreland. Sally O'Neill looked fantastic and was a very deserving winner of the female title.



Silent Hero's  
Ms. Bikini Model.



Silent Hero's  
Figure Open.



Silent Hero's  
Men's Open and Novice.



Silent Hero's  
Fitness champ  
Zac Ward.



Silent Hero's Figure International.







# THE PEAK

## PERFORMANCE WORKOUT

By Sonny Brown  
Photography by Noel Daganta  
LOCATION: METROFLEX GYM, LONG BEACH, CALIFORNIA



# ADD THIS WORKOUT TO YOUR REGULAR PROGRAM FOR PERFORMANCE, LEAN MUSCLE AND CONDITIONING GAINS

If you are looking to improve your performance, grow lean muscle and step up your conditioning, this workout is designed for you. Incorporating both compound and isolation movements, the peak performance workout is a guaranteed challenge.



Add this workout into your current split a minimum of two times a week in addition to your current training program. You are guaranteed to not only see physical results but your fitness levels and overall conditioning will skyrocket (you can change your selection of exercise slightly for variation).

## CHIN-UPS

1. Grab the bar at around shoulder-width, with your palms facing out. Note on grips: For a wide grip, your hands need to be spaced out at a distance wider than your shoulder width.
2. Bring your torso back around 30 degrees or so while sticking your chest out and creating a curvature in your lower back.
3. Drawing the shoulders and the upper arms down and back, pull your torso up until the bar touches your upper chest. Exhale as you perform this portion of the movement.  
Tip: Concentrate on squeezing the back muscles once you reach the full contracted position.
4. After a second in the contracted position, start to inhale and slowly lower your torso back to the starting position when your arms are fully extended and the lats are fully stretched.





### ONE-ARM KETTLEBELL MILITARY PRESS

1. For your starting position, clean a kettlebell to your shoulder with your palm facing outward.
2. Press the kettlebell up until it is locked out overhead. Keep your core and lats fully contracted for added stability and strength.
3. Lower the bell back to your shoulder and repeat reps on your other side.







## CLOSE-GRIP MEDICINE BALL PUSH-UP

1. Place your hands on a medicine ball while supporting your weight on your toes and hands. Keep your elbows tucked in with your arms straight. Make sure your torso is rigid in this starting position.
2. Lower yourself down towards the medicine ball, keeping your body straight. Inhale as you do so.
3. Return to the starting position by pushing yourself back up, breathing out. Make sure to flex your chest and exhale at the top of this exercise for those added serrations.



## HANGING LEG RAISES

1. From a chin-up starting position, hang from the bar with your legs pointing straight down.
2. Lift your legs up, making a 90-degree angle. Hold for a second.
3. Return to the starting position and repeat.



# THE PEAK PERFORMANCE WORKOUT


## LANDMINE 180s

1. A variation of the abdominal Russian twist exercise, the landmine version begins by securing a barbell into a 'landmine' or corner anchor.
2. Using both hands, lift the bar to shoulder height, arms extended out in front of your body.
3. Rotating your torso, bring the weight all the way down to one side, making sure to keep your arms extended throughout. Then reverse the motion back to the other side.

## PEAK PERFORMANCE WORKOUT


Exercise	Reps	Sets
Chin-ups	10	5
One-Arm Kettlebell Military Press	10 each arm	5
Close-Grip Medicine Ball Push-up	15	5
Hanging Leg Raises	20	5
Landmine 180s	50	5

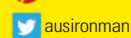
Note: Rest period between sets is 60 seconds

*Sonny Brown is a fitness model and trainer who, along with his partner Melissa Le Man, runs [greaterhealth.com.au](http://greaterhealth.com.au). You can contact him at [sonny@greaterhealth.com.au](mailto:sonny@greaterhealth.com.au). *

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# International Protein NATURALS



## Keep it clean and get creative with your protein intake

International Protein *Naturals* range of **100% Natural Proteins** (Raw) and **Natural Flavoured** (Chocolate and Vanilla) Proteins are suitable for use as an ingredient in cooking and baking.

The **100% Natural Proteins** are great to use in savoury dishes such as dips, soups, casseroles and pasta sauces.

Both the **Natural Flavoured** and **100% Natural Proteins** are a great way to boost the protein content of your everyday wholesome foods.

Whether it be to reduce unwanted additives and chemicals in your diet, avoid allergens, meet specific dietary requirements, support nutrition or to improve overall wellbeing, there is a product in the International Protein *Naturals* range to suit you.

Here's some quick & easy recipe ideas to get you started.



### HIGH PROTEIN VEGETABLE HUMMUS

400g can of chick peas (drained) – reserve ¼ cup liquid  
2 SCOOPS (60g) International Protein *Naturals* ISO-PEA Natural  
1 cup water  
2 large carrots (chopped and steamed)  
5 tbsp (135g) Tahini paste  
1 large clove garlic, crushed or 1 tbsp fresh garlic paste  
⅓ cup lemon juice

1. Combine water and chickpea liquid in a bowl, then whisk in International Protein *Naturals* ISO-PEA Natural using a fork until a thick paste forms.
2. Place chickpeas, chopped steamed carrots, Tahini paste, garlic, lemon juice and ISO-PEA mixture into a food processor or blender.
3. Process until the mixture forms a smooth paste.
4. Serve with toasted pita chips or other wholegrain chips.

NOTE: Hummus can be served to accompany chicken, or stirred over steamed vegetables for extra flavour.





## INDIVIDUAL CHOCOLATE PROTEIN “MUG’ CAKES

1 ¼ SCOOPS (30g) International Protein *Naturals* Egg Albumen  
 200ml water  
 3 SCOOPS (75g) International Protein *Naturals* Chocolate SPI\*\*  
 4 tbsp (50g) almond meal  
 2 tsp (10g) baking powder  
 6 sachets stevia sweetener  
 150ml almond milk  
 4 tbsp (120g) plain Greek style yoghurt



1. Lightly grease 4 microwave proof mugs.
2. Whisk International Protein *Naturals* Egg Albumen into water using a fork.
3. Allow Egg Albumen/water mixture to sit for 5-10 minutes.
4. Place remaining dry ingredients into a bowl and stir to blend evenly.
5. Add the almond milk, Egg Albumen/water mix and Greek style yoghurt and mix into a smooth paste.
6. Place ¼ of the mixture into each mug.
7. Microwave each mug for 2-2 ½ minutes (cakes will rise like soufflé).
8. Dust with cinnamon or coconut and pour a drizzle of agave syrup on top of each cake to serve.

\*\* Can use SPI Vanilla flavour, or the International Protein *Naturals* WPI or ISO-PEA flavoured proteins in this recipe in place of the SPI



## COCONUT ALMOND CHIA PUDDING

⅓ cup (70g) chia seeds  
 2 SCOOPS (60g) International Protein *Naturals* Vanilla WPI  
 2 tbsp (25g) almond meal  
 ⅓ cup (30g) shredded coconut  
 ⅓ cup (30g) flaked almonds  
 4 sachets stevia sweetener  
 1 ½ cups unsweetened coconut & almond milk  
 Blueberries, extra shredded coconut & flaked almonds for decoration

1. Mix together the chia seeds, International Protein *Naturals* Vanilla WPI, almond meal, shredded coconut and flaked almonds in a large bowl.
  2. Slowly add the coconut almond milk, stirring until the mixture is well combined.
  3. Cover and refrigerate for 20 minutes.
- To serve, top with blueberries and extra flaked almonds and shredded coconut.

**International  
 Protein** **FOOD FOR  
 GROWTH**

**NOTE:** Except for the Egg Albumen, you can substitute any of the International Protein *Naturals* Proteins in these recipes to suit your individual Clean Eating needs.



## Cardio for the Ages

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

Endurance training can quickly become too much of a good thing.

We've seen the story a million times. A mature guy wants to get back in shape, so he starts running. Pretty soon he does a 5K, then a 10K, then a half marathon. Powered by a legion of well-wishers on his Facebook page, he signs up for a marathon. He may have lost some weight, so he thinks he has discovered the fountain of youth, but he has also lost muscle, cut his testosterone production, and most likely suppressed his immune system and his libido.

We're often asked the following question: How much 'cardio' should an over-40 strength trainee perform? The answer is a function of one's fitness goals, in particular, those related to performance and physical

appearance. Sure, endurance capacity is an important barometer of fitness (the better your cells extract oxygen in peripheral tissues, the less work your heart has to do), but is it necessary to spin your wheels on an exercise bike day after day to attain a healthy level of cardiovascular fitness? Absolutely not.

A properly designed strength-training program (incorporating short-duration rest intervals into a high-rep scheme, for example) will dramatically improve one's endurance level by augmenting the oxygen-carrying capacity of blood, enhancing cellular oxygen utilisation, and in the context of the latter, allow you to more readily burn fat as fuel (both during and after your training sessions).

In essence, you become a more efficient fat-burning machine as evidenced by an improved VO2 max. And yes, contrary to popular belief, this can occur while adding muscle to your frame.

Admittedly, you will not become a competitive endurance athlete through this form of strength training. If you want to become a competitive runner, you're going to have to run. However, you can and should expect improvements in your level of cardiovascular fitness as a side effect of strength training. And if you want a leaner physique and the sexual fortitude and hormonal output of a healthy 21-year-old, strength training should be your main priority.





## Calories burned?

Ignore the rants promulgating the merits of sessions based on 'calories burned'. After all, what long-term benefits are being conferred by those hour-long sessions during which you burn (or at least are led to believe by the treadmill computer) 750 calories? Those metabolic effects are short lived. Even the much-hyped 'afterburn' is transient.

What is not transient is the additional muscle you pack on as a result of intense strength training. The primary determinant of our metabolic rate is skeletal muscle mass. Just glance at the equation for basal metabolic rate, the number of calories you burn in a day. One of the variables is lean body mass. Conspicuously absent is any measure of one's endurance capacity. The two entities are to a great degree unrelated. So how will you best amplify your basal metabolic rate and therefore fat-burning capacity? Add muscle to your body through rigorous strength training to augment your metabolic rate.

**The primary determinant of our metabolic rate is skeletal muscle mass. Just glance at the equation for basal metabolic rate, the number of calories you burn in a day. One of the variables is lean body mass.**

That said, one should not neglect cardiovascular training altogether. It certainly has its physiological merits. And quite frankly, any individual, barring a physical handicap or preclusive illness, should be capable of running a mile or so without much difficulty at any time. For pure bang for the buck, however, when it comes to longevity, quality of life, and resistance to disease, your time is better spent developing muscle mass rather than the capability to run a fast half marathon. Conjure up the image of the painfully emaciated senior citizen crossing a teeming intersection. Even assuming he is an 'avid runner', if he becomes ill and is hospitalised, he will more readily succumb to disease than his more muscular counterpart.



Strength training, therefore, must be included in any type of exercise protocol to counter the well-established one per cent loss of muscle mass you experience every year after the age of 45. Losing muscle impairs one's ability to perform daily activities, such as getting off the toilet, opening a bottle, and walking on broken pavement. It stands to reason, then, that the aging individual should focus primarily on intense strength training to build and retain as much muscle as possible.


Cardiovascular training should only be performed as an adjunct. We've all witnessed individuals in our 'more is better' society who insist on engaging in marathons or long-distance triathlons. Most appear worn out and lacking in muscle mass. And while we understand the competitive draw of such challenges, the big picture must be kept in mind. This is about health after all. As stated, everyone should be capable of running a reasonable distance without much difficulty. After all, what good is having a muscular physique if you can't walk up a flight of steps without being winded and red in the face?

## The right amount

Chronic endurance training, in addition to burdening your body with heavy free-radical loads, also has negative effects

on your hormones. Take cortisol, for example. Excessively high cortisol levels on a chronic basis can compromise the immune system and predispose us to several types of disease.

Instead, utilise your time performing foundational multi-joint strength-training movements, such as the squat, bench press, overhead press, and pull-up. These exercises will grant you the shape you desire and optimise your hormones, many of which decline with age. The controlled muscular trauma of a strength-training program stimulates the release of restorative hormones, such as testosterone and growth hormone. Both hormones improve the individual's ability to tolerate and sustain prolonged high exercise intensities, in essence better preparing you for the next workout and conferring resistance against the disease of aging.

For all of these reasons, we recommend limiting cardiovascular work in your training regimen. Instead, default to resistance training as the primary modality. Incorporate a fast pace and short rest intervals to bolster the endurance-boosting aspects of your workouts. Finally, use pure endurance training on 'active rest' days in order to limit soreness from heavy weightlifting sessions and to encourage comprehensive fitness. 



## The Walking Sled

By Cornell Hunt, CSCS

Push your conditioning to the next level with this brilliantly simple workout.



The sled is fantastic for building speed, power, muscular endurance, and conditioning — and not just in your lower body.

I remember the first time I was exposed to sled pushes. It wasn't exactly a sled that I was pushing but a car that broke down and had to be moved. As one friend controlled the steering wheel, my other friend and I pushed the car. My legs quickly started burning and perspiration soaked my shirt. I looked up and realised that we were only halfway to the destination! When we finally finished, I collapsed on the asphalt for 10 minutes. Fortunately for my ego, my friend who was pushing the car with me was right alongside of me.

When I first became a strength and conditioning coach, I programmed the sled mainly for conditioning purposes. I used it with my athletes at the end of their training session as a means to increasing their cardiovascular capacity. It works wonders with athletes who usually have to give all-out efforts in a sporting event for a short amount of time, while taking planned or unplanned rest periods throughout the game (American football players, MMA fighters). My athletes hated it, but the benefits were unparalleled.

As I became more knowledgeable and more creative, I realised the uses of the sled are abundant. This implement is fantastic for building speed, power, muscular endurance, and conditioning — and not just in your lower body. The majority of all fitness equipment manufacturers make some version of the sled, so access to one shouldn't be much of an issue.

### Sled benefits

Sled pushing helps to improve speed and acceleration. According to a study published in *The Journal of Strength and Conditioning Research*, resisted sprint training allowed for an increase velocity by nine to 10 per cent in subjects' five-metre and 10-metre sprint times. The distance gained and the explosive manner that allows for maximal velocity is created by an athlete's rate of force production. The more force put into the ground by an athlete, the more distance they will be able to cover. Sled sprints help to produce the strength and power needed for such acceleration.

Neveux \ Model: Raynor Whitecombe



Most sleds can be used on any surface — grass, artificial turf, pavement, or rubber flooring — with each option providing a different challenge. Artificial turf is great for sprinting or training where less resistance from the ground is desired. Pavement is good for conditioning and developing mental strength. The bumpy surface requires a steady determination to getting the job done. Most of the athletes I work with hate when we take the sleds out on the pavement.

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## Sleds are not only great for developing legs and lungs but can be used as a true total-body workout.

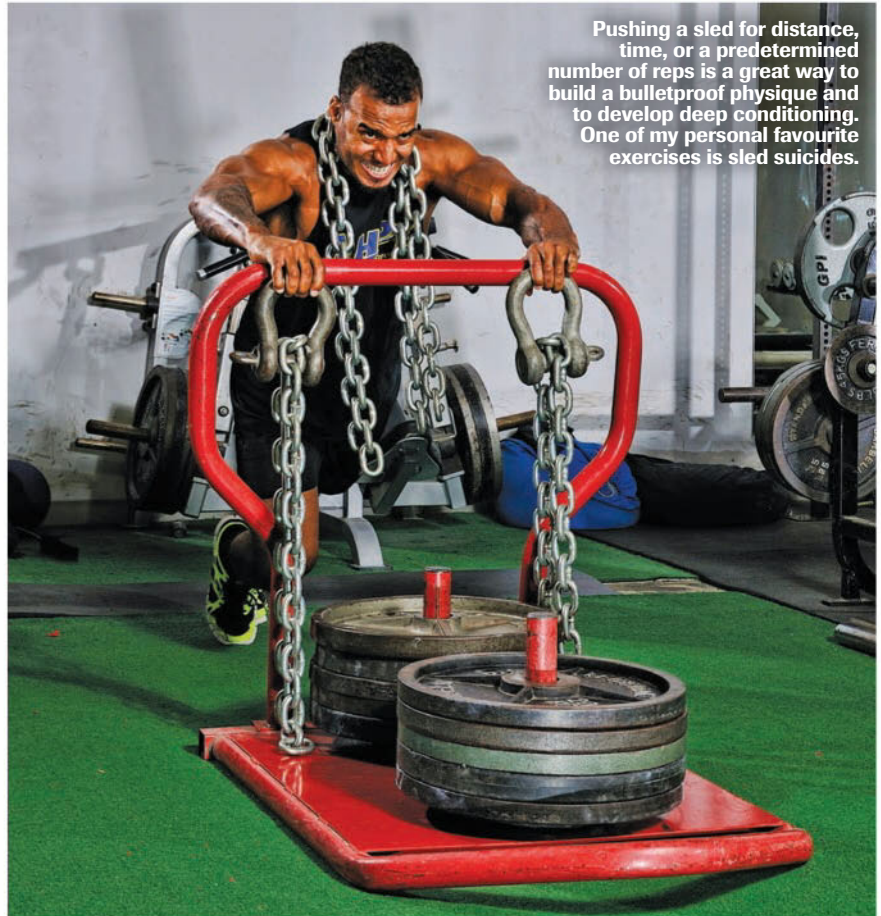
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Pushing a sled for distance, time or a predetermined number of reps is a great way to build a bulletproof physique and to develop deep conditioning. One of my personal favourite exercises is sled suicides. Performing suicides without any resistance is an old-school conditioning drill. However, add a sled to the equation and the effectiveness of this exercise just increased dramatically.

Sleds are not only great for developing legs and lungs but can be used as a true total-body workout. Attach a rope to the sled and do some sled pulls. If you have straps, you can do chest presses and rows, as well.

When we have athletes who are in-season or someone who may be recovering from another gruelling workout, or even someone in a rehab setting, sled pushes are a great way to train without accruing too much soreness. The eccentric phase (muscle stretching) of any exercise is when most of the muscular damage occurs and the main cause of post-training soreness. Since pushing the sled doesn't include an eccentric phase, it makes it easier to tolerate and won't fry your muscle fibres.

In today's alternate fitness universe, sleds are starting to pop up in more and more gyms regardless of their clientele. If you're serious about training, then invest in a sled or find a gym that has one. 



Pushing a sled for distance, time, or a predetermined number of reps is a great way to build a bulletproof physique and to develop deep conditioning. One of my personal favourite exercises is sled suicides.

## SLED GAMES

The workout below is a total-body session that can be used as a finisher or a main workout. You will need a sled, weight plates, a battling rope and straps for pulling. Try to get through this workout without any rest between exercises. Once completed, take between one to two minutes' rest before you start again.

**ROPE SLED PULLS:** Attach a rope to the weighted sled. With the rope fully extended, pull it aggressively, bringing the sled toward you. The total pull will most likely be determined by the length of the rope. Once the sled is pulled to you, immediately take the rope off.

**SLED SUICIDES:** With the weight still on (or taken off, depending on your conditioning) push the sled 10 metres. Then turn it around and push it back. Immediately push it 20 metres and back, and then 30 metres and back. Have your straps ready and attach them to the sled when you're done with this segment.

**CHEST PRESSES:** Walk out in front of the sled with the straps in your hand, facing away from the sled. Make sure there is no slack in the straps as you put one foot in front of the other. Press the sled out explosively using just your chest and arms. Walk out until there is no lag again, and repeat the process. Continue doing this for 30 metres.

**SLED ROWS:** Once you've completed the chest presses, turn around and face the sled. With your arms out in front of you and knees slightly bent, pull the sled toward you as if performing a row. Walk back to create tension on the straps and repeat. Continue doing this for 30 metres.

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes in Fairfield, New Jersey, and is the Xtreme Trainer for MHP. For more info, visit [MHPstrong.com](http://MHPstrong.com)



# MICHELLE

## BODY OF WORK

Consistency and determination transformed Michelle Lewin into the first fitness supermodel.

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By Dr. Cat Begovic  
Photography by Per Bernal





# ELLE





## MICHELLE LEWIN

Gone are the days of the 5'9" stick-skinny supermodels of the 1990s. Today there is a new evolution in physical inspiration that has curves, muscle and a passion for fitness and weightlifting. Michelle Lewin is one of these new breeds and arguably the world's most famous fitness model. Almost six million fans on Instagram and five million followers on Facebook agree. People around the world can't help but be drawn to this inspirational woman, with her combination of classic beauty, a jaw-dropping physique and contagious passion for fitness.

I have had the pleasure of getting to know Michelle over the last year and

was able to catch up with her over dinner in Los Angeles after her epic photo shoot with Per Bernal for *Iron Man*.

**Dr. Cat Begovic:** Well, let's start from the beginning. Where were you born, and where were you raised?

**Michelle Lewin:** I was born in Valencia, Venezuela. My mom is Colombian, and my dad is Venezuelan. I grew up in a town called Maracay, which is a three-hour drive from the capital, Caracas. Life was not very easy. I grew up in a rich Italian family with my mother and stepfather from when I was one year old until they separated when I was 14. We were left with nothing. No money at all, just an

apartment without any furniture and hundreds of cockroaches. That was a very traumatic experience and we both lost a lot of weight since we simply couldn't buy food. Our neighbours sometimes gave us sandwiches so we wouldn't starve to death. Luckily we had the confidence and determination to get out of that situation. I started working right after school. It took about three and a half years to have even just a decent life.

**CB:** What were you like growing up, and did you play any sports?

**ML:** I was never athletic [laughs]. I can't do anything with balls, I still swim like a cat and I'm a slow runner. Growing up,



**“LIFE WAS NOT VERY EASY. I GREW UP IN A RICH ITALIAN FAMILY WITH MY MOTHER AND STEPFATHER FROM WHEN I WAS ONE YEAR OLD UNTIL THEY SEPARATED WHEN I WAS 14. WE WERE LEFT WITH NOTHING.”**





I was so skinny I couldn't stand seeing myself in the mirror. I was 90 pounds (41 kg), and my bones were sticking out in places they shouldn't. So at 17, when things got better, we decided to buy our very first gym membership.

**CB: When did your body start to change?**

**ML:** When I got that gym membership, all I wanted was legs. As a teen, I never wore high heels since that made my legs even skinnier. No shorts, no skirts. The leg press was my saviour. I started with zero plates and even that was super heavy for me. My legs felt like overcooked spaghetti. I did legs three days a week and nothing else for years!

**CB: When did you start getting into fitness, and what was your early career like?**

**ML:** I did that leg routine for years until I met my husband in 2009. Slowly he got me to understand how asymmetrical I was. There was simply no upper body, just enormous quads. So he became my trainer, and it was so satisfying to see the change in my body. The way I carried myself also changed. Honestly, I used to walk around like a monkey with my shoulders pushed forward [laughs], but some heavy rowing and his constant reminder about standing straight helped me out.





## MICHELLE LEWIN

My career in fitness started later. Before that, I had worked as a glamour model and was on 30 different magazine covers, but there was still never any boom. It was cover after cover, but nothing really happened. But as my body changed, the fitness magazines started to open up their eyes. At the same time, my social media took off like a rocket. In the beginning, it was pretty steamy fitness pics that I was posting, and I could see that it was mostly guys liking it. So I changed the thongs to fitted yoga pants and the push-up bras to sport tops, and the girls started to actually like me.

**CB: You told me that you went to a modeling agency in Spain and had a negative experience.**

**ML:** Before I got into fitness modeling, I tried some fashion agencies. My husband and I knew that I didn't have the height, but hey, it was worth trying! So we went to Milan, Rome, and Barcelona to visit some agencies. In Barcelona, they were plain mean. They saw the freckles on my chest and were disgusted with them and told me they had to be removed. In Venezuela, having freckles is considered high-end, so I actually loved my freckles, but at the Barcelona agency, they actually said, "Eeeew!"

**CB: Now that you're the world's most famous fitness model, what do you think they're thinking now?**

**ML:** I think they have no idea what fitness modelling is. Actually, it's probably disgusting to them as well [laughs]. They can keep their skinny tall girls and keep doing what they do. I'm so happy I'm not a part of inspiring young girls to starve themselves.

**CB: I know you have to travel a lot in your career. What's an average day like for you?**

**ML:** My day consists of two workouts: cardio in the morning and weight training in the evening. But that's the only thing that is constant from day to day. My life is packed with meetings, photo shoots, gym videos and a lot of travelling. These next two months I have 12 countries to visit.





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## MICHELLE LEWIN

**CB: What's your current training routine like?**

**ML:** I train six days a week. I do cardio in the morning for 45 minutes and weights every evening. I do all muscle groups once per week, but I focus mostly on glutes and abs, which I train twice a week. I stopped lifting weights for my legs since I had so much size already. I don't ever train my chest because it puts a lot of pressure on my breast implants. Over the last four months, I stopped training triceps because they were starting to get overdeveloped, so I'll just do some toning once a month. I really don't like to take rest days, but I do once a week.

**CB: When you're on vacation, do you ever let yourself go a little?**

**ML:** I try to keep the same schedule even if I'm on vacation. Six months ago, we went to the Dominican Republic for vacation and there was no gym in the hotel and every meal was like a buffet. I wasn't able to keep up my routine, and it took almost two months to get back in shape. I really learned from that and will never do that again! I'm usually just seven days out from being shoot or competition ready. My body is my career and a business, so I can't afford to let it go.

**CB: You're famous worldwide. Do the fans ever get too crazy?**

**ML:** The experience at expos really depends on where in the world I go. Northern Europe is very calm. Germany is usually crazy but fun. The US can be hysterical but organised. Latin America and South America are another story. Last time in Colombia for an expo, we were very clear with the organiser how security should be handled. Unfortunately, he underestimated more or less everything. So when I entered the expo hall hidden in my hoodie, it was super quiet. I removed the hoodie and all of a sudden 300 or so people started running towards me. There were three guys trying to hold back the crowd, but it was chaos. The police were called in and six armed police made a ring around me and transferred me to a safe place. Once I had the appropriate security, I had a great time at the expo. I guess I have an awesome story to tell my grandchildren one day!





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## MICHELLE LEWIN

**CB: What sort of security do you normally have? Do you have to travel with a bodyguard?**

**ML:** For a large expo, I need about five security guards to make a ring around me when I'm walking through the crowd or to the stage. Otherwise people pull my hair or grab me. If I'm signing autographs, I just need the lines to be very organised so everyone waits their turn and I can spend time with one person at a time. I don't travel with a bodyguard, and when people stop me in the street, they are usually super nice and friendly.

**CB: What sort of projects are you currently working on?**

**ML:** A lot of people ask me for diet and workout plans. A lot of people ask for mine, but I usually don't give them my program. The reason why is that we are all so different. Something that might be perfect for my body might not be appropriate for someone else. Imagine a truck using the same amount of gasoline as a Ferrari to reach a goal. The truck wouldn't even reach halfway and might get injured. I really just want to inspire everyone to be their own best self. I'm working on some e-books and fitness apps to help others achieve their goals.





**CB: When we've spent time together, you've been so wonderful with my daughter. What are your thoughts on having children?**

**ML:** I have said I'm going to have children 'in five years' for the last six years [laughs], and I guess I still stick to that. My career is going very well, and I feel I'm just getting started. The timing right now would not be the best. I'll be honest, I am very concerned about the changes that occur with pregnancy since my body is my trademark and my business.

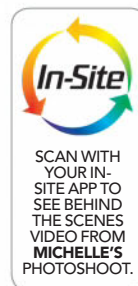
**CB: Do you think the public ever gets the wrong impression about you from your social media?**

**ML:** Yes, they always do. I don't put personal stuff on my social media. I post motivational and educational stuff. Sometimes the tone might come across as being self-centered, like, "Look at me, I'm the best." That's not what I'm trying to do. I'm just trying to inspire people and give a needed kick in the behind to those who want to make a change but just can't get to the gym by themselves.

**CB: What's it like to have six million followers on Instagram?**

**ML:** I will never understand the fact that when I post a video, millions have seen it in just a few hours. That is an insane amount of people, and I can never imagine those numbers are actually real people. It's only when I leave my house and walk the streets having strangers come up to me and recognise me that it becomes reality. But still, I am overwhelmed over the response I get. It is so surreal but so fantastic.

**"I'M JUST TRYING TO INSPIRE PEOPLE AND GIVE A NEEDED KICK IN THE BEHIND TO THOSE WHO WANT TO MAKE A CHANGE BUT JUST CAN'T GET TO THE GYM BY THEMSELVES."**





## MICHELLE LEWIN

**CB: What advice would you give to girls who want to make it in the fitness industry?**

**ML:** I would tell them, "Don't copy anyone. Just do your thing. No copies have ever reached the top." I would also tell girls they should have someone managing them. You can't do it alone. There are too many traps out there. It's no joke.

**CB: What is Michelle doing 10 years from today?**

**ML:** I think about that daily. Seriously. I will hopefully sit back, financially independent, at a beach house with my two five-year-old twins, happy that I was a part of changing the female ideal body worldwide from unhealthy skinny to healthy and fit by just posting videos and pictures with my cell phone. 📱





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# 3-D ELTS

BUILD SUPERHERO SHOULDERS IN JUST EIGHT WEEKS

BY ROGER LOCKRIDGE PHOTOGRAPHY BY MICHAEL NEVEUX



## THINK BACK TO WHEN YOU WERE A KID.

**W**ho was your favourite superhero? Was it Batman, Wolverine or maybe Captain America? Perhaps you were a wrestling fan and looked up to guys like Stone Cold, The Rock or Goldberg. Regardless of who you idolised, whoever was taking out the bad guy and saving the day undoubtedly had big shoulders. You never see a hero with a weak chin, bad posture or narrow shoulders. After all, they have to shoulder the load against the forces of evil, which is probably why their delts stand out so much. Having big shoulders makes a powerful statement to anyone in your presence.

The shoulders are very important for any athlete. If you are a physique competitor, broad shoulders and wide delts showcase symmetry, balance and, best of all, the alpha-male V-taper. If you are more interested in function than form, strong shoulders are key drivers in everything from swinging a golf club to throwing a punch to climbing a cargo net in a Spartan race. All three heads of the deltoid muscles (front, side and rear) must be focused on individually if you want the entire shoulder area to reach its maximum potential.

Not only should you focus on each area of the shoulder, but you should make sure you give maximum effort as well. This is why drop sets, rest-pause sets and supersets are so important. This routine has each of these techniques playing a role to add intensity. Give this program a go for eight weeks and you should see improvement in size, shape, and your ability in whatever sport you play or maybe you'll be tempted to throw on a cape and save the day.

## SUPERHERO SHOULDER WORKOUT

Exercise	Sets	Reps
Internal/External Cable Rotation	2	20 each, both arms
Arnold Press*	5	15, 15, 10, 10, to failure
One-Arm Cable Lateral Raise**	4	15, 10, 10, to failure
<b>Superset</b>		
Wide-Grip Upright Row***	3	8-10
Rear Lateral Raise***	3	8-10
Behind-The-Back Barbell Shrug	3	20
One-Arm Barbell Overhead Press	2	25 each side

\* Perform two warm-up sets and three work sets. Perform one drop set to failure for the final work set. To do a drop set, start with your normal weight and perform as many reps as you can. Once you reach failure, grab a pair of lighter dumbbells and continue until failure again.

\*\* Perform one warm-up set and three work sets. Use the rest-pause technique for the final work set. To do a rest-pause, perform as many reps as you can until you reach failure. Count to 10 and then immediately do as many reps as possible until you reach failure again. Repeat for the other arm as well.

\*\*\* Perform the wide-grip upright row and the rear lateral raise as a superset, meaning you alternate each exercise consecutively without rest. Keep the dumbbells you want to use for the raises close to the bar you're using for the upright rows so you can transition quickly from one exercise to the other.

### INTERNAL/EXTERNAL CABLE ROTATION →

Always warm up your rotator cuffs before beginning any type of shoulder training. At a cable station, set a stirrup handle to elbow height and stand sideways. For external rotation, grasp the handle with your far hand, bending your elbow to 90 degrees and keeping it pressed tightly to your body. Next, rotate your forearm until your palm faces forward, pause, then slowly return to the start position. For internal rotation, grasp the handle with your near hand, bend your elbow to 90 degrees, with your hand away from your body. Rotate your forearm until your palm faces your stomach.







#### ARNOLD PRESS →

Start with a dumbbell in each hand while sitting on a bench with an upright back. Position the weights so they are at shoulder height with your palms facing you. This is where you start. Press the weights overhead and turn the dumbbells as you lift so when your arms are straight your palms are facing away from you. Don't lock out your arms. Slowly lower the weights and turn them the opposite way so you are back to your starting position. This is one rep.





## 3-D DELTS

### ONE-ARM CABLE LATERAL RAISE →

Stand with a low cable pulley on your right side. Attach a single-grip handle to the cable and grab the attachment with your left hand. Using force from your shoulders and keeping your arm straight, lift the handle out to your left side until your arm is parallel with the floor. Slowly lower your handle back to the starting position. Repeat for the desired number of reps and then do the same for the opposite arm.



### WIDE-GRIP UPRIGHT ROW ↑

Grab a barbell with a grip a couple of inches wider than shoulder width and hold it while standing with your arms hanging in front of you. Keep the bar as close to your body as possible and lift the bar straight up until your elbows are even with your shoulders. The bar should be around your chest area at this point. Slowly return the weight to the starting position. This is one rep. Repeat for the desired number of reps.





#### REAR LATERAL RAISE ↑

Hold a pair of dumbbells in each hand. Keeping your back as straight as possible, bend over until your upper body is close to parallel with the floor. Hold the dumbbells at arms' length in front of you. While maintaining your bent position, lift the weights out to your sides while keeping your arms slightly bent until they are parallel with the floor. You should feel a squeeze in the back of your shoulders. Return the weights to the starting position. This is one rep. Repeat for the desired number of reps.

#### BEHIND-THE-BACK BARBELL SHRUG →

Place a barbell in a rack so it's positioned right below your glutes. Stand in front of the bar and grab the bar on both sides outside of your body with an overhand grip so your palms are facing away from you. Stand straight up with the bar and hold it at arms' length behind you. Lift your shoulders up like you're trying to touch your ears with them. It is a very short range of motion. Hold this position for a second before lowering the weight back to the starting position. This is one rep. Repeat for the desired number of reps.





## 3-D DELTS



Joseph Lee

**Age:** 27

**Lives:** Orange County, CA, USA

**Profession:** Field representative

**Likes:** Nice and considerate people

**Dislikes:** Kale chips

**Drives:** Chevy

**Wants to drive:** Lamborghini

**Listens to:** All kinds of music

**Favourite diet food:** Rice and grilled chicken with sugar-free barbecue sauce

**Favourite cheat food:** Pizza and doughnuts

**Favourite vacation spot:** Alaska, USA


**Gym or cardio?** Gym

**Chicken or steak?** Steak



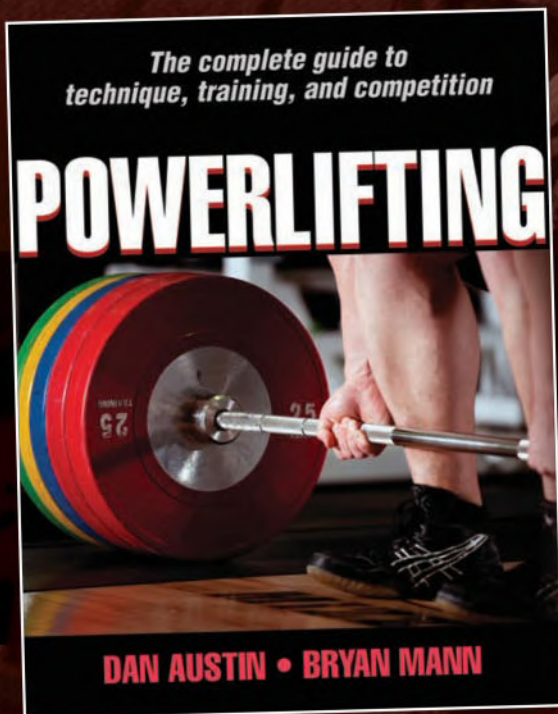
@joemonji

### ONE-ARM BARBELL OVERHEAD PRESS

This will be the finisher. Place one end of an unloaded barbell into a corner and load the other end with the appropriate weight. (You can also use a landmine device or a T-bar row.) Grasp the loaded end of the barbell above the weight plates and hold it at shoulder height, cradled in your palm. Place your free hand on your waist or let it hang by your side. With your knees slightly bent, tighten your core and press the bar up until your arm is fully extended although not completely locked out. Switch sides after completing reps. 



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# Muscle Movie News

By Clint Morris



## HOW TO BUILD A TERMINATOR

Arnold Schwarzenegger is looking great in this month's *Terminator: Genisys*, but he's had to work for that super body at his age.

"Well, I always try and keep in good shape," he said. "Between one and 10, I would say I always try and keep it between a seven and an eight. But for this movie I obviously had to gain the weight back, because I'm playing the Terminator from 1984. Back then, I weighed something like 228 pounds (103 kg), so I wanted to be the same kind of size so it's believable. So I went back to my system of drinking protein shakes twice a day, between meals; I'd have breakfast and lunch and dinner and protein shakes in between. And the food supplements I took too. The great thing is, now we have those packages, and it's easy to remember which one to have in the morning and which one to have in the evening and so on because they're all so well labelled and packaged. It's very important to take them because you can't get enough protein and nutrition with just regular food."

Arnold also noted the importance of being cardio fit for the stunt work. "It was important to train the cardiovascular system because with stunts and the action, it's not just doing it one time or two times, it's doing it all day long. So you have to be in really great athletic and physical shape to do those things. Endurance is the key thing there."

Schwarzenegger will have to keep up the training and diet a little longer — he's shooting the next *Conan* movie shortly.

## ARNIE GETS HIGH

Arnold Schwarzenegger is set to star in 478. The script, by Javier Gullon, follows a man (Schwarzenegger, duh) whose wife and child die in a plane crash. The tragedy results from the mistake of an air traffic controller who is arrested and is placed into protective custody, but Schwarzenegger's character can't let it go, and is determined to seek vengeance. The film will apparently be "a real character piece" as opposed to a full-on actioner.



## CAGE TO RETURN TO KICK ASS?

Might we get to see Nicolas Cage in super duds again? *Kick-Ass* director Matthew Vaughn has his sights set on adding two new films to the franchise.

"I'm not happily done with the franchise," he said. "We're working on an idea for a prequel of how did Hit Girl and Big Daddy become Hit Girl and Big Daddy? If we make that, hopefully that will be the sorbet for the people that didn't like *Kick-Ass 2* and then we can go off and make *Kick-Ass 3*. I think we've got to do this prequel to regain the love that we had with *Kick-Ass*."

Yeah, good luck with that.

## GERIATRIC MUTANT ON THE BIG SCREEN

The third standalone Wolverine movie will be based on a comic arc called 'Old Man Logan'. The comic, written by Mark Millar and Steve McNiven, was set in a future universe where the super villains of the Marvel universe have wiped out the world's superheroes. A lot of Marvel superheroes appeared in the comic, but as Fox don't have the rights to them — aside from Wolverine himself and Emma Frost — it's likely the film will be considerably different to the source material.

Wolverine will return to theatres March 3, 2017.





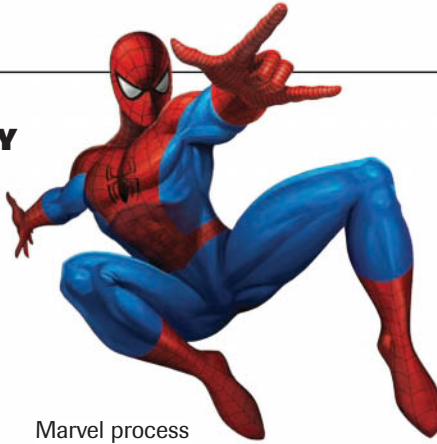
## THE AMAZING SPIDER...BOY

Sony and Marvel have cast their new Spider-Man. Newbie Tom Holland is set to play the web-slinger under the direction of the equally unfamiliar Jon Watts.

Holland will play Peter Parker/Spider-Man [Yep, sorry Miles Morales truthers! — Ed] in the next *Spider-Man* film, in theatres in IMAX and 3D on July 28, 2017. The film will be directed by Watts, director of *Cop Car*, the upcoming thriller that made its debut earlier this year at the Sundance Film Festival.

Marvel and Sony Pictures, with producers Kevin Feige and Amy Pascal, conducted an extensive search for both the actor and director. The studios and producers were impressed by Holland's performances in *The Impossible*, *Wolf Hall*, and the upcoming *In the Heart of the Sea*, and by a series of complex screen tests. Following Marvel's tradition of working with the brightest next wave of directors, Watts also went through multiple meetings with the team before winning the job.

Commenting on the announcement, Tom Rothman, Sony Motion Pictures Group Chairman, said, "It's a big day here at Sony. Kevin, Amy and their teams have done an incredible job. The



Marvel process is very thorough, and that's why their results are so outstanding. I'm confident *Spider-Man* will be no exception. I've worked with a number of up-and-coming directors who have gone on to be superstars and believe that Jon is just such an outstanding talent. For Spidey himself, we saw many terrific young actors, but Tom's screen tests were special. All in all, we are off to a roaring start."

Feige commented, "As with James Gunn, Joss Whedon, and the Russo brothers, we love finding new and exciting voices to bring these characters to life [But not Edgar Wright, apparently — Ed]. We spent a lot of time with Jon and find his take and work inspiring."

Pascal added, "Sony, Marvel, Kevin and I all knew that for Peter Parker, we had to find a vibrant, talented young actor capable of embodying one of the most well-known characters in the world. With Tom, we've found the perfect actor to bring Spider-Man's story into the Marvel Cinematic Universe."

For those keeping score, this is the third iteration of Spider-Man in the past 10 years. The new Spidey will also make a cameo in *Captain America: Civil War*, due out next year.



## DIESEL POWERED SEQUEL

Suggesting the flick has turned out OK, Vin Diesel has taken to Facebook to announce that a sequel to his upcoming film *The Last Witch Hunter* is already in the works at Lionsgate.

*The Last Witch Hunter*, which will open in cinemas this October, sees Diesel play the titular hunter Kaulder. He must team up with his ultimate enemy, a witch, to save the world from a plague on humanity unleashed by the covens of New York City.



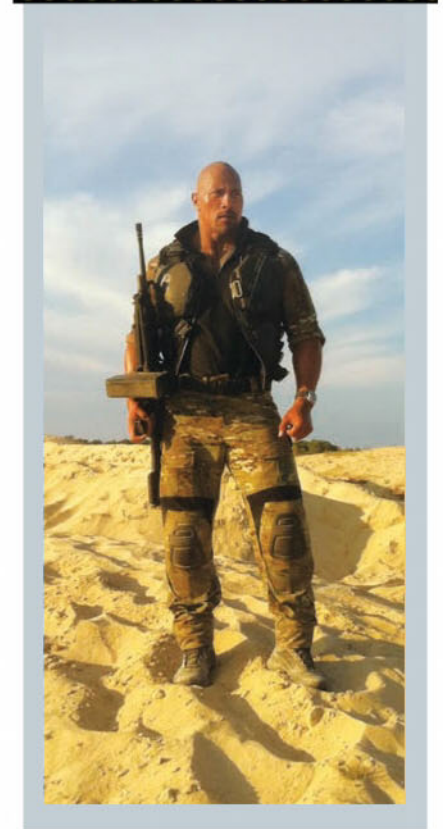
## RAMPAGING ROCK

Dwayne Johnson's next challenge looks to be facing off against a giant gorilla, a giant lizard and a giant wolf.

Johnson will reunite with his San Andreas team of New Line and producer Beau Flynn for actioner *Rampage*, a live action adaptation of the 80s Midway arcade game.

We don't have specific plot details yet, but the game follows the giant monsters as they terrorise major cities across North America. Johnson will play the man who stands in their way. Ryan Engle penned the screenplay. A director isn't attached yet.

*Rampage* is eyeing a US summer 2016 production start.





## AT THE CINEMA

**TERMINATOR: GENISYS** (Paramount)

The names remain the same, but the faces change. That's the first thing *Terminator* purists need to get past here. Besides our man Arnold Schwarzenegger reprising the title role, we've a new Sarah Connor (Emilia Clarke) and Kyle Reese (Jai Courtney). Fifty per cent of those changes work perfectly, the other — essentially because he's miscast — also does the trick, but not as effectively.

If I were a betting man, I'd say the hope is that audiences are so intertwined with Patrick Lussier and Laeta Kalogridis' busy, bustling, frenetic screen story — which, for the most part, is packed with some good twists and turns — that they instantly accept the credit block facelift.

And for the most part, that's exactly how it goes down. You're so interested in where this thing is going that for the most part even *A Good Day to Die Hard*-blemish Jai Courtney doesn't annoy.

The aforementioned screenplay is clever but overtly ambitious, sometimes to its detriment. Foremost, the way they've used Schwarzenegger is really smart — at 67 it wouldn't be realistic to see him in a physically demanding part like the one he had in the first three *Terminator* movies. But by coming up with the plot cheat that 'Terminator' flesh ages, they're able to explain why a geriatric robot from the Reagan-era is still around. And he's actually good at playing the part. The big guy has, for what it's worth, become a better actor over the past 30 years. And the humour he brings to the part this time around is a welcome addition.

The younger versions of the T-800 (his face superimposed on bodybuilder Brett Azar's body) don't work half as well as the real thing, if only because there's something a bit clunky and soulless about those part-computer characters still, but it's a clever plot device, combining Schwarzenegger's 1984 T-800 and this new 'pops' incarnation.

By giving Schwarzenegger an actual purpose in the film, rather than just shoehorning him in because he's expected to be there, earns the film points right off the bat.

And with that, and its inventive story, the movie feels fresh; like the *Star Trek* reboot, it offers a new spin on proceedings, rewriting what's come before, and letting the audience know anything is possible from here on out. And though things don't get as exciting or as thrilling as the concept could have (frenetic seems to be the key word here) there's still some good twists and enough throwbacks to the first two films to keep a smile on faces. In fact, I guess you'd say this one plays like a tribute album to James Cameron.

The third act doesn't crackle as well as the rest of the movie; it actually feels like a different franchise as it torpedoes towards the finish, the action sequences never feel as grand or as epic in anything in *T2*, and it all gets a bit ho-hum the 180th time you see two cyborgs smash it out, but that's some gripes considering none of the acts in the last couple of *Terminator* movies worked.

Schwarzenegger's the draw card here, but it's Emilia Clarke (*Game of Thrones*) who'll reap the highest reward

for the film — it'll make her a movie star. She's a dead ringer for young Linda Hamilton, but she's also plucky, commanding, and very easy on the eyes. And her scenes with Schwarzenegger work. Jai Courtney doesn't have the 'worn soldier' look about him that Michael Biehn did, but he's adequate, and may get better as the series goes on. Or not. Personally, I'd have preferred a computer-generated soulless replica of Biehn. Jason Clarke (*Dawn of the Planet of the Apes*) is a good John Connor. Considering different actors play Connor in every movie, the actor is free to do what he wants I guess and he makes some interesting choices here.

Supporting wise, the always-dependable JK Simmons steals every scene he's in as the heroes' cop ally, but as the faux cop, the T-1000, Byung-Hun Lee (*G.I. Joe*) doesn't even attempt to outdo *T2* rogue Robert Patrick — seems Lee's only direction was to concentrate on the physicality of the role, and not performance, because he's rather vanilla. Sad, considering the T-1000 has become near as legendary a bad guy as the Terminator (Arnold's version) himself.

*Terminator: Genisys* is a good restart for the series and will revive interest in the brand (unlike the dire *Terminator Salvation*, which near killed the franchise), which is great, because there's probably a lot of people out there who've never seen two of the greatest science fiction movies ever made, *T1* and *T2*.





## AT THE DVD STORE

### **12 MONKEYS: SEASON 1** (Universal Sony)

A small screen version of the classic Terry Gilliam flick *12 Monkeys* has no right being this good. A clever, captivating and fun weekly science fiction jaunt about a time travelling chap from a post-apocalyptic future, the series meshes the major plot points of the 1995 film with an extended (well, of course) yarn that encompasses some fun twists and well-executed action. Like any series, not every episode is a winner but for the most part this is one that's surprisingly as decent as it is great entertainment.



### **INTO THE GRIZZLY MAZE** (Madman)

Fun but forgettable thriller starring *X-Men's* James Marsden and a big-ass grizzly.

A deputy (Marsden) whose job it is to protect animals finds himself caught between a rock and a hard place when a rogue grizzly bear terrorises a small Alaskan community. Assisted by his estranged brother, the deputy enters a scary 'grizzly maze' to track down his missing wife — hoping to find her before the bear does.




Billy Bob Thornton plays a legendary bear hunter who has been tracking the bear his whole life. Thomas Jane and Scott Glenn are also in there. Think *The Ghost and the Darkness* with bears instead of lions.

### **MAGGIE**

(Universal Sony)

Arnold tries something different on for size here and, much to our surprise, it works.

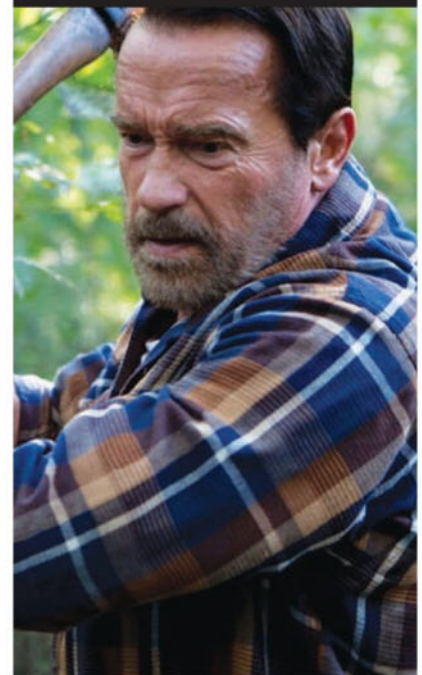
A father-daughter drama masked as a zombie flick, *Maggie* tells of a teenage girl in the US Midwest (Abigail Breslin) who has fallen victim to a widespread zombie epidemic, and the father who refuses to leave her side. There's not much in the way of action, but there's some truly great moments in this film — and largely courtesy of Arnie, who gives authentic acting a good old stab here, and a great special effects team. 

### **THE GUNMAN** (Universal Sony)

The usually selective Sean Penn plays a former black ops hitman in a film clearly conceived to cash-in on the success of *Taken*, starring another middle-aged thesp-cum-action hero.

At the close of his final job with a gang of assassins, Penn's Jim is forced to flee Africa, leaving his beloved Annie behind, and trusting her to the care of Felix — the leader of the assassins.

Eight years later, Jim has moved on with his life and all is well, until out of the blue an assassination attempt is made on his life, and he realises his past has finally caught up to him. Now Jim has to figure out who is trying to take him out and why, and get to them before they can get to him. Things get complicated, however, when Jim traces the contract of the hit back to Felix — who is now married to Annie. As Jim gets tangled further into a complicated web of conspiracy, he realises that saving himself isn't the only thing that matters. Back to quality now please, Penn.





## Competition Questions

By Ingrid Barclay

Whether it's bodybuilding or powerlifting, Ingrid Barclay brings her expertise to answer readers' questions based on her own experiences as both a coach and competitor.

For me personally, I cannot understand doing two consecutive shows and not bringing in an appropriate amount of improvement.



**Q: What are your thoughts on doing a bodybuilding show in Season A and then again in Season B? I am thinking of doing both but would like some input and perhaps some pros and cons of doing so. I am male, 30, doing my first show in NABBA Class 2, if this helps.**

**A:** This is quite an interesting question actually. To paint a picture, most competitions in Season A are run in May, and most competitions in Season B are run in September/early October. So give or take a few weeks, your likely difference between any two shows is somewhere in between 15 and 20 weeks.

I think the idea is great, to compete in two shows in a short time frame — and intellectually this might make sense on paper. The reality, as I have learnt from many competitors and even myself, is rather different. Let's say, for argument's sake, that you have done an average-length preparation diet of 16 weeks. Then you do your first show. Can I make a suggestion that continuing on for even a week or two to make, say, a national show (which many competitors do) can be extremely challenging and difficult? I think until you have attempted this yourself, words probably don't do the level of difficulty justice. But let's say you accept that — can you begin to see how adding another 15–20 weeks might be? Even if you allow a little 'down time' and regression or relaxation in your immediate couple of weeks post first comp, it's difficult.

Many a competitor has gone in with similar plans to just be completely unable to 'hold' the dieting. I believe the whole 'post-comp dinner' is a part of the problem here. It's like opening Pandora's box, where you introduce some saturated fats, some 'dirty' complex carbohydrates, throw in inappropriate amounts of sugars and even some alcohol, and your hormones (who are social little creatures) congregate together and basically say, "We want more of this," and it's almost

Michael Palmer



like you are a puppet on a string and someone else is controlling you. You know you are on a downward spiral and sabotaging yourself but you cannot seem to help it! Although this seems more common with women, I have seen and spoken to my share of males who experience it too.

Having said that, what if you have your supreme dieting mojo going on and you have laser-like focus and you don't succumb to tempting food and lose the plot? My next question would be, what do you hope to achieve by doing two shows? For me personally, I cannot understand doing two consecutive shows and not bringing in an appropriate amount of improvement. I mean, what's the point of bringing the same package to the stage?

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**Many a competitor has been completely unable to 'hold' the dieting. I believe the whole 'post-comp dinner' is a part of the problem here.**

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Then I would break down this question a little further and ask, what were the main issues with your first show? What was the judges' feedback, combined with your own thoughts? Is the main issue size and you lacked the muscularity of your fellow competitors? Or did you come in less conditioned/too smooth, which also can affect judgement of the symmetry round to a degree also? Or is your symmetry off, in any one of the three ways in which symmetry is judged: left to right, top to bottom and front to back?

Let's say it was your muscularity that let you down. OK, if it's clear that you need more size to hold your own in your class, then it is my opinion that you have no place even bothering to compete again in 15–20 weeks. For starters, you need to allow some period of time to build your calories back up. Some coaches claim you need to reverse diet as slowly as you prepped for. For males, I don't necessarily agree with this and even for women I don't buy into that; I think it's all based on the individual. However, I wouldn't suggest that you go



Roland Balk

**After being a comp prep diet, continuing on for even a week or two to make another show can be extremely challenging and difficult.**



Khaos Creative

**Before making a decision on competing twice in the same season, take time out to look at your photographs and objectively critique yourself, assessing your weaknesses and strengths.**



from a peak-week diet right back up to say 5000–6000 calories. That would be silly and stressful on your body. So even if it took a comfortable, say, six-to-seven weeks to get your calories nice and slowly back up, adjusting every seven days or so, you essentially would have no period of time to ‘build’ more lean muscle tissue to bring a more developed and complete package to stage. You know, even if you went from stage straight into a surplus of calories (which you must have to build lean tissue) it barely gives you any time before you have to begin the dieting-down phase again. So, to me, if you aren’t muscular enough, you lack thickness and maturity, it is absolutely pointless getting up on stage again with such little time.

However, let’s say your major issue was conditioning. OK, if you are coping well with your diet — perhaps

allowing yourself to have one-to-four weekly refeeds — a meal out with your significant other just to ‘keep you sane’ — and then honing it in again for 12–16 weeks gives you a fantastic chance of really coming in looking sharp as a tack. Therefore both the judges and the audience and friends and family can say, “Yeah, it was a really noticeable difference, you brought something more spectacular to stage.”

Now, if your major flaw was symmetry, this is a little trickier. If you are a ‘body parts’ bloke with some outstanding body parts but others lacking in size then I would again err on the side of waiting and giving yourself more time. If you look better up top, as opposed to your lower half, this can sometimes be because of conditioning, which

impacts overall symmetry, so doing season B may help improve your shape and overall appearance.

Ultimately, this would be my primary suggestion: Try not to make a decision until around a week or even two after your first show. See what the feedback is. Take time out to look at your photographs and objectively critique yourself; assess your weaknesses and strengths and then ask yourself, “What can you legitimately do to improve yourself in a few very, very short months?” Is it realistic to ask yourself to compete again given the short time frame and what level of ‘impact’ do you wish to bring back to the stage? Also, this will give you time to see what your hormones — in particular cortisol, ghrelin and leptin — do and how your cravings, hunger, energy and motivation sit.



**Taking a break will give you time to see what your hormones do and how your cravings, hunger, energy and motivation sit.**





If you aren't muscular enough in your first show, it is absolutely pointless getting up on stage again with such little time to build more muscle.

Balk

**Q: Ingrid, I am considering doing a novice powerlifting competition. I know you have done a couple recently and I am wondering what advice you were given about choosing your opening lifts. Also, what do you think about the power of visualisation to help lifting?**

**A:** This is an interesting question. I have only done four powerlifting competitions, all in the past eight months. My initial advice was given to me by my coach, Damon Hayhow, who instructed me to open on three lifts that if you didn't get "you would just be disgusted with yourself and your efforts and you'd just pack your bags and go home".

So, as an example, if you can bench 130 kg for 12-15 reps (with a pause at the bottom, as per comp rules), squat 180 kg for 12-15 reps and deadlift 200 kg for 12-15 reps then you would presumably be pretty cross with yourself if you couldn't do those number for one rep.

In between your lifts, it's quite interesting; you really don't have very much time to decide what your second attempt is going to be. Well, under the minute mark. It's just enough time to confer with your coach, if your coach

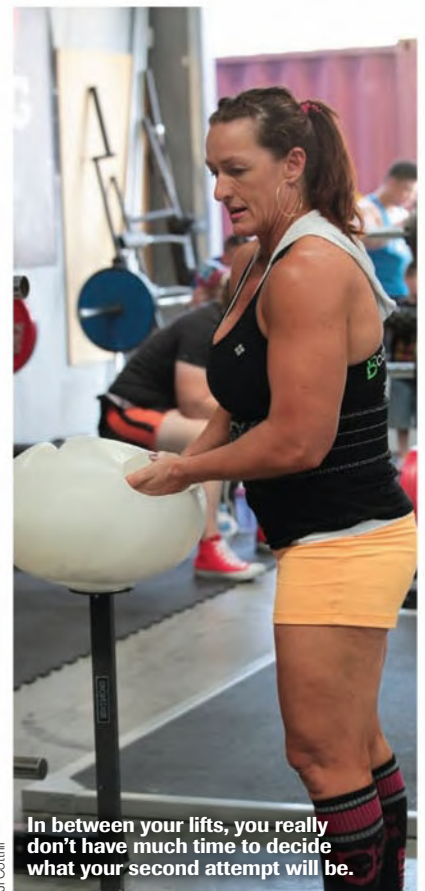
is within close proximity. If you want to beat a PB in the gym that you have actually lifted, I would suggest your second attempt be that weight. Let's say your PBs are bench press 160 kg, squat 220 and deadlift 230. So you will probably feel quite comfortable knowing that you have performed the lift before, so you know you are quite capable of doing it again.

This then gives you the opportunity to hit your personal best ever. Given that you are in a competition scenario, your adrenalin is going through the roof and you are pumped from the atmosphere, the crowd and your own personal desire to do well, I suggest you make a decision on how much to up the weight based on the ease of your second lift. Obviously you probably won't be

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**In a competition, your adrenalin is going through the roof and you are pumped from the atmosphere, the crowd and your own personal desire to do well.**

---



In between your lifts, you really don't have much time to decide what your second attempt will be.

JJ Cottrill



About six weeks out from my powerlifting meet, I began to practise visualisation in terms of the 200 kg lift.



I have become a lot more aware of how important visualisation is for goal achievement.

JJ Cottrill

too bold on the bench press. The increments tend to be a bit smaller on the bench in comparison to the deadlift and squat.


Having said that, there are many other ways you could go about it. For example, in my fourth competition I actually only wanted one outcome out of all nine lifts (you get three attempts at each lift). The only outcome I wanted was a 200 kg deadlift. So you can, depending upon your goal, go in with a very aggressive campaign. I'll outline mine and if you find yourself in a similar position you might wish to consider taking this approach.

My best attempt was 185 kg for one, which I had done at a previous lift meet and also at the gym. Because the 200 kg was my 'bullseye' and nothing else mattered, in my warm-ups I went up to 160 kg for one rep and left it at that. Then, in my first lift, I opened on 187.5 kg. So on the proviso that I lifted that successfully, I would get the main thing I wanted: two attempts at the 200 kg. Despite a very aggressive opener,

it came off the floor beautifully. If you find yourself in a similar position and you feel easily capable of adding 12.5 kg, then you are allowing yourself two cracks at the bullseye. My second attempt was 200 kg and I nailed it. And I am going to say this about the lift: it was almost easy and very, very doable.

This leads nicely into your question about visualisation actually. Until I went down the burrow, so to speak, of emotional eating research, I can honestly say I had not done any visualisation myself, although on an intellectual level, from my understanding of the 'zone of optimal performance', I became a lot more aware of how important it is for goal achievement. But I digress...

So, anyway, what I can say about visualisation, and I am using myself as the example, from about six weeks out from the abovementioned meet, I began to practise visualisation in terms of the 200 kg lift. Psychologists have known for at least a few decades now that the brain cannot distinguish between an

experience that is real compared to one that is 'vividly imagined'. My tip is that your brain is at its most impressionable when you are in a relaxed state, so usually before bed and upon waking in the morning. Now I am not someone to fall asleep quickly, so I must have visualised myself lifting that one rep at least 100 times — but more like 200 times — late at night while in bed. And I am convinced that due to spending so much time on this lift, that is why I found it 'easy'. As far as my brain was concerned, I had done the lift thousands of times. So in short — I am a converted fan of visualisation! 

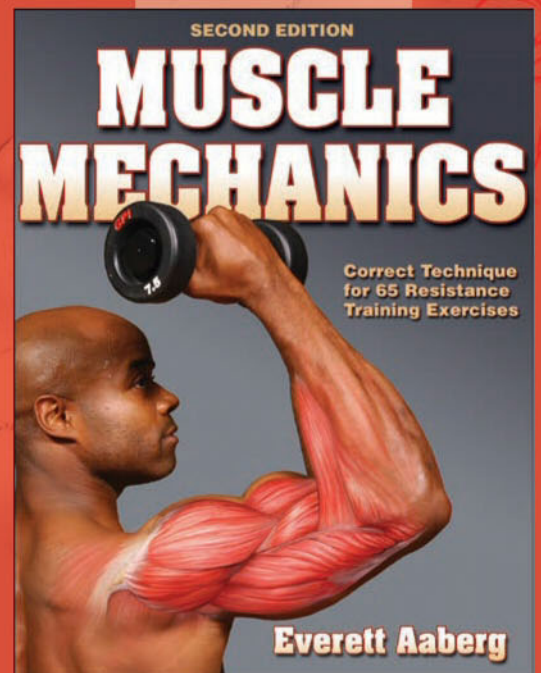


Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through [ingrid@bodyconquest.com.au](mailto:ingrid@bodyconquest.com.au)



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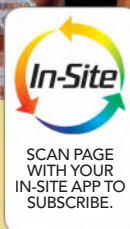
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## Driven to Succeed


Julian Sepulveda's competitive drive inspired him to take on the BodyBlitz Challenge and achieve his dream body.

What motivated me to do this challenge was my flatmate. We both went to the gym regularly before but only three times per week, just to maintain. But she suggested we do this challenge and push ourselves to get our dream body. At first I was sceptical about it, because I knew it required a lot of training both physically and mentally. After a couple of days of thinking about it, I decided to sign up and compete to win! My competitive drive and my positive influence at home to maintain my diet with my flat mate has been ideal. The past 12 weeks have been tough but fun. I have had challenges to push past, such as getting sick, injuries and just the ongoing temptation to eat unhealthy things.

What motivated me to keep going was looking at my pictures from five years ago and wanting to go back to that body. I wanted my old body back. In addition, the support of my family, friends and the compliments I started receiving from everyone was a huge part of being able to complete this challenge.

My exercise routine consists of going to the gym for weights training six-to-eight times per week. I trained twice a day on two days, with one day of rest per week, as well as 30 minutes of cardio every morning.

An example of a day at the gym for me would be 30 minutes of cardio at a heart rate of about 160 bpm. I work on two body parts per day, so, for example, chest and biceps, triceps and abs, shoulders and back, and legs I would just do it by themselves for a day. Then rest and repeat.

During the challenge, for my weights workout I focused on two individual body parts per day and did three sets and eight repetitions. My diet consisted of a lot of protein and low carbs throughout the 12 weeks. Lots of water and eating spread out through the day (six-to-eight meals). Everything from no sodium to only natural sugars like fruits and everything low fat. Also taking protein powder after my workouts was extremely helpful. 



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## SAMPLE WORKOUT

### Chest and Biceps

30 minutes of stationary bike, at 160 bpm

15 minutes of stretching pre-training

Bench press, 3 sets x 8 reps with 30-second rest between sets

Biceps curls, 3 sets x 8 reps with 30 second rest between sets

Decline bench press, 3 sets x 8 reps with 30-second rest between sets

Overhead cable curls, 3 sets x 8 reps with 30-second rest between sets

High cable chest flyes, 3 sets x 8 reps with 30-second rest between sets

Standing one-arm dumbbell curl (over an incline bench), 3 sets x 8 reps with 30-second rest between sets

Another 15 minutes of stretching after my workouts followed by my protein powder



## SAMPLE MEAL PLAN

### Meal 1:

Cereal, whole grain  
Low fat milk  
1 piece of fruit  
Tbsp peanut butter

### Meal 2:

Baked sweet potato  
1 cup vegetables  
170g of beef

### Meal 3:

Sweet potato  
1 cup vegetables  
170g chicken breast

### Meal 4:

Protein shake  
Nuts

### Meal 5:

Quinoa  
Salmon

### Meal 6:

Banana



## MY MEASUREMENTS

	BEFORE	AFTER
Height	173 cm	173 cm
Weight	77 kg	72.5 kg
Chest	102 cm	98.5 cm
Waist	95 cm	80 cm
Calves	39 cm	39 cm
Arms	70 cm	34 cm
Thighs	58 cm	52 cm



# THE X PACK

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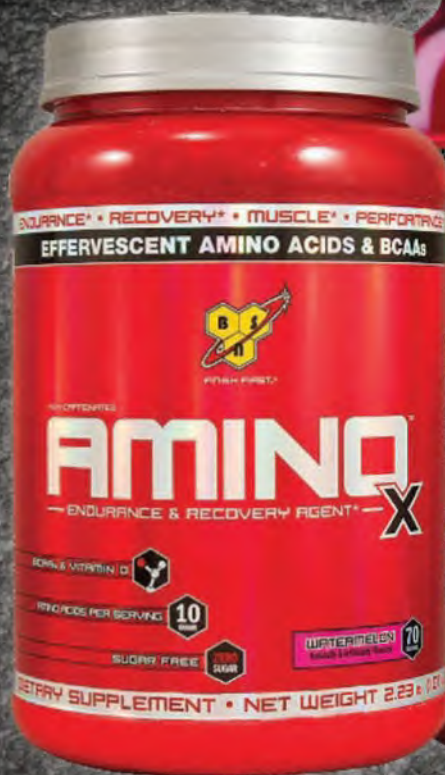
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# Kayla

**How did you come to be in the calendar? Where do you hail from?**

Country girl from Armidale, NSW, who moved to the GC three years ago to chase my dreams. After shooting with the amazing Charlie Suriano, I was lucky enough to get my rig in the Wet 'n' Wild calendar.

**What did you want to be when you grew up?**

Always wanted to be a fitness model and on the cover of a magazine [laughs].

**What is your relationship to the fitness industry?**

My passion has always been in the fitness industry starting from the young age of 14 when I did work experience in a gym and started a traineeship. Ever since then, I've lived and breathed everything health and fitness. I'm a PT and online coach; I have the best clients. So lucky to have met and be involved with such amazing people in the fitness industry. I'm also a sponsored athlete/fitness model and compete in IFBB Figure.





Photography by Charlie Suriano

**You obviously keep yourself in great shape. Tell us about your fitness routine.**

My fitness routine consists of early morning fasted cardio, one hour, and weights one hour to one-and-a-half hours every day, depending if I'm off-season or on season.

**What's your favourite exercise?**

Fave exercises would be squats and deadlifts. Anything legs or back is my favourite.

**What's your least favourite exercise?**

Don't really have a least favourite — anytime I'm lifting I'm happy.

**Do you prefer weights or cardio or do you change it up?**

Weights are my favourite. But I like cardio walks and fight training to de-stress and relax.

**Have you ever competed or considered competing in a bodybuilding/fitness comp?**

I love competing. I love the challenge it gives you and watching my body transform. I compete in IFBB Figure and my next shows are Oct/Nov this year.

**Are you strict about your diet or are you a sucker for the bad stuff? Do you have a nutrition plan?**

I am strict through the week, then I have my refeed/cheat meal on the weekend where I eat everything in sight [laughs]. I love out-eating the boys.

**Do you use supplements?**

Yes, definitely use supplements. The basics — Poliquin's supplements, protein powder, l-carnitine, tyrosine, glutamine, essential aminos, probiotics, ATP Science Alpha Venus and T432 etc. That's just to name a few.

**What is your favourite male body part?**

Big shoulders and legs would be my weakness.

**What is your own body part that you like the best?**


My butt would be my fave [laughs]. I've worked hard to grow this booty.

**When you get the opportunity to have some time to yourself, what do you usually get up to?**

Tanning, shopping and eating if I'm not at the gym.

**Who is the person you admire most from the fitness world?**

**Who is your hero?**

Dana Linn Bailey and Larissa Reis are the two I look up to most — they are amazing. I also believe you need to be your own motivation. You're the only person you should compare yourself to. 





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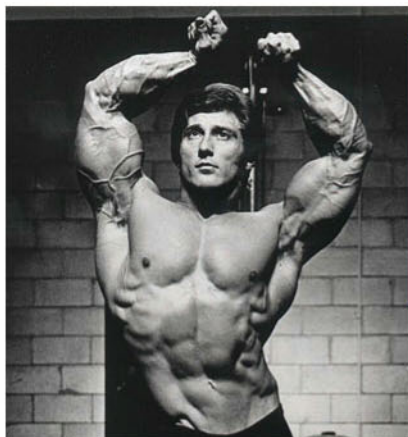
## BIKINI PRO THANKS

Pretty cool to be featured in a magazine half way around the world! All of my Aussie friends can check out the latest issue of *Australian Iron Man* for my spread and interview.

— Ashley Kaltwasser,  
via Facebook.com/  
*BikiniProAshley*



Roland Balik



## CLASSIC BODYBUILDING

I'd like to see *Iron Man* do more stories about the routines of classic bodybuilders like Frank Zane, Franco Columbu and Mike Mentzer. These guys had amazing physiques and looked a lot more natural than today's bodybuilders. I'd much rather look like Frank Zane than Kai Greene. They were also really strong too.

— Bill W, via email

## GREENE MACHINE SEMINAR

Please note the *Iron Man* T-shirt! LOL. Seriously, it was a great seminar and after the show, they said only 10 winners could meet him. Well, Kai met anyone who wanted to wait; it took a while, Kai took his time to talk to each fan without rush, signed clothing, etc. answer questions. He did not dismiss anyone. A very humble gentleman and a champion!

— John Ball, via Facebook

Love your work, John.  
Always representing IM! — Ed



## WIN!



### Sanctum Men's Organic Skin Care giveaway

The kind folks at Sanctum Skin Care are offering five lucky *Iron Man* readers the chance to win one of FIVE Men's Organic Skin Care packs. Formulated especially for men's skin, each Sanctum pack includes a face moisturiser and a shave gel, designed to hydrate and protect with minimum fuss, so you can take care of your skin easily and get back into the gym. To win one of the Sanctum packs, simply tell us, in 25 words or fewer:



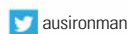
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## Quick Protein Pancakes

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Lean Tea is a herbal tea drink that is mixed with water and enjoyed cold or hot. The key ingredients in Lean Tea are: green tea, white tea, Yerba mate, resveratrol, guarana, raspberry ketones, African mango, achyranthes aspera, panax ginseng and grapefruit seed. Lean Tea contains zero sugar and is under two calories per serving.

Lean Tea is designed to help with weight loss and appetite control, increase energy levels, provide antioxidants and aid in digestion. Lean Tea is currently available in Passion Fruit, Green Apple and Mandarin flavours.

Available through [www.pumpnutrition.com.au](http://www.pumpnutrition.com.au)





## International Expansion

### International Protein

Select International Protein products are now available to customers in New Zealand, UK, USA and Canada. The new 907g (2lb) bag range, including Amino WPI, Extreme Mass, Iso-Cuts, Protein Synergy 5, Superior Whey and the 1.36 kg Extreme Carbs and 320g Amino Recovery can be purchased online by people in those countries.

This same product range is available through stores in Australia.

**For more information or to purchase product, visit [www.internationalprotein.com.au](http://www.internationalprotein.com.au)**



## Protein Chips

### Quest Nutrition

Chips have always been delicious. No argument there. But the carb-loaded snacks have always been reserved for cheat days or impulsive munching...until now. With 21 grams of high-quality protein per bag, Quest Protein Chips are the only chips you can enjoy at the gym, on the go, or as an anytime snack completely guilt-free. In fact, guilt has nothing to do with it. Every bold, mouth-watering flavour has only five grams total carbs and zero junk ingredients — so you can eat the whole bag.

**Available from [www.vitaminking.com.au](http://www.vitaminking.com.au)**



## Protein Bites

### Novo Nutrition

Novo Nutrition Protein Bites have a massive 20g of protein in every bag. That's the equivalent of eating 70g of chicken breast. In addition, Protein bites are baked, not fried, and rich in fibre.

**Available from [www.vitaminking.com.au](http://www.vitaminking.com.au)**



## Amino Recovery

### International Protein

Amino Recovery is an advanced, scientifically formulated, during- and post-workout formulation developed to help achieve the fastest recovery possible after intense aerobic or heavy anaerobic training while still achieving significant muscle synthesis and reduced muscle soreness.

Amino Recovery contains a blend of natural fermented L-glutamine, BCAAs and Pepto Pro hydrolysed casein, providing a full spectrum of micro-nutrients critical to muscle recovery. Pepto Pro is pre-digested, with > 60 per cent di- and tri-peptides for instant delivery, even under heavy training conditions. Substantial human clinical studies show Pepto Pro can improve endurance, reduce muscle soreness, deliver faster recovery and increase muscle growth.

Amino Recovery can be used on its own or in combination with International Protein Extreme Carbs. Studies have shown that when Pepto Pro is consumed with carbohydrates, improved protein balance and muscle protein synthesis was observed already during exercise.



**For more information, visit [www.internationalprotein.com.au](http://www.internationalprotein.com.au)**



## HydroxyShred

### Body Science

Formulated for serious fat burning, super energy and lean muscle gains, HydroxyShred Neuro-Thermogenic's advanced thermo formula combines a scientifically formulated hyper-lipolysis matrix with an enriched neurological component for improved focus and mood state. No longer do you need a fat burner and a pre-trainer, this all-in-one formula packs the power.



Formulated in a human pharmaceutical facility, the ultimate goal of HydroxyShred Neuro-Thermogenic is to help you become leaner and more ripped than ever before. Hydroxyshred goes beyond the standard formulation of fat-burning products, making sure that you'll feel the full effects of increased energy levels by burning more fat cells for energy. The ability to stimulate a multi-dimensional fat-burning matrix means you are able to receive the full effects of the fat burning process. In addition you'll up-regulate your metabolism, blocking the formation of fats.

For more information or to purchase, visit [www.bodyscience.com.au](http://www.bodyscience.com.au)

## D-Aspartic Acid

### Gen-Tec

Basic functions of D-aspartic acid: natural testosterone and male support.

Aspartic acid is an amino acid found abundantly in neuroendocrine tissues, which is proposed to serve a primary purpose of increased testicular steroidogenesis (Ota, Shi, & Sweedler, 2012). Within the bodybuilding and fitness industry, D-aspartic acid is commonly supplemented with the intent of increasing circulating testosterone levels or the initiating hormones that stimulate the testes, such as luteinising hormone.



A study published in *Reproductive Biology and Endocrinology* reported that D-aspartic acid may increase luteinising hormone and testosterone through various second messenger systems on the pituitary gland and leydig cells of the testis (Topo et al, 2009). Its use within resistance-training individuals and bodybuilders may provide a regulatory role within the hypothalamic-pituitary-gonadal axis, resulting in the release of hormone intermediates and therefore an improvement in spermatogenesis.

For more information, visit [www.gen-tec.com.au](http://www.gen-tec.com.au)

## GPLC

### Gen-Tec

Basic functions of GPLC (Glycine propionyl L-carnitine): supports NO production, reduces lactic acid and oxidative stress.

Carnitine has two major forms, (1) being the acetyl-L-carnitine (ALC) form and (2) being the Propionyl-L-Carnitine (PLC) form that, when glycine is bonded with PLC, produces GPLC, which has a very high affinity for the skeletal muscle in terms of its ability to enter and assist with reducing oxidative stress. This molecule is proposed to improve nitric oxide metabolism leading to enhanced anaerobic performance and reduced oxidative stress.



As carnitine is a powerful mitochondrial antioxidant, the combination with glycine and a propionyl ester results in overall improved mitochondrial efficiency during energy production (Bloomer & Smith, 2009; Diaz-Flores et al., 2013). Therefore, the use of GPLC may increase anaerobic power and reduce the oxidative stress load as a result of intense exercise.

For more information, visit [www.gen-tec.com.au](http://www.gen-tec.com.au)

## Original Paleo Bar

### Blue Dinosaur

Blue Dinosaur's Original Paleo Bar is a primal mix of walnuts, pecans, dates, raw organic cacao and organic coconut oil. The very first Paleo Bar Blue Dinosaur released, it is very high in fibre, antioxidants, good oils and fats. Sweetened only with two and a half dates, the Original Paleo Bar is the healthiest, purest and most honest chocolate brownie you'll ever eat! Gluten free, soy free, dairy free, preservative free, sulphur free, non-GMO, vegan friendly, with no artificial colours, flavours or added sugars.

For more information, visit [www.bluedinosaur.com.au](http://www.bluedinosaur.com.au)







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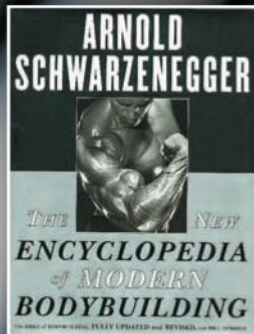
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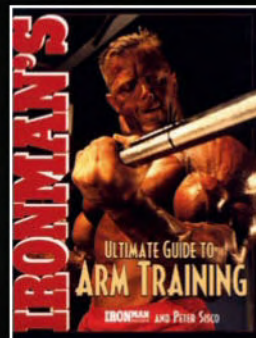
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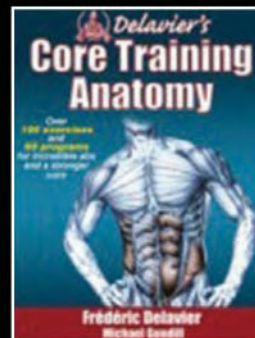
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ENCYCLOPEDIA OF MODERN BODYBUILDING

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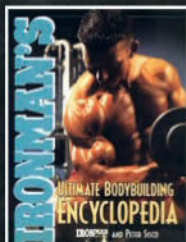
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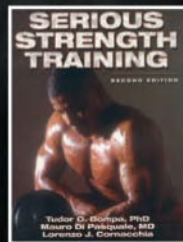


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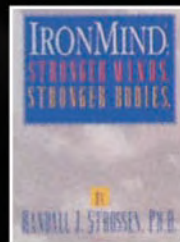
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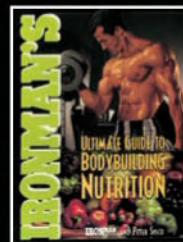
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BODYBUILDING ENCYCLOPEDIA  
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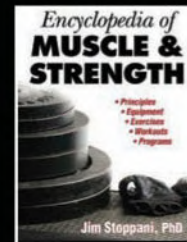
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INBA [www.inba.com.au](http://www.inba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
August	22	North West Titles	Tambrey Centre (Karratha)	WA	0403 165 496
September	5	INBA Natural Universe	Austin, Texas, USA		0418 166 790
September	5	West Australian State Championships	Kingsway Indoor Stadium	WA	0403 165 496
September	12–13	West Coast Super Show Titles	Convention Centre	WA	0403 165 496
September	12–13	West Coast Super Show Pro Qualifier	Convention Centre	WA	0403 165 496
September	13	South Coast Classic	Shellharbour Workers Club	NSW	(02) 9633 2661
September	19	North Queensland Championships	Townsville Entertainment Centre	QLD	0490 078 844
September	19–20	SA State Titles	Norwood Concert Hall	SA	(08) 8373 0735
September	20	Victorian State Titles	Moonee Valley Race Club (MVRC)	VIC	0402 555 505
September	20	Tasmanian State Titles	Albert Hall, Launceston	TAS	(03) 6223 6028
September	20	ACT Championships	National Convention Centre	ACT	0403 147 999

NABBA/WFF [www.nabba.com.au](http://www.nabba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	12	Bendigo Classic	Capital Theatre, Bendigo	VIC	Daniel Lancefield +61 407 889 560
October	4	Victorian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
October	18	Australian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
November	7	WFF World Championships	Pretoria, South Africa		Graeme Lancefield +61 408 350 983

Fit Athletic Physiques [www.fitap.com.au](http://www.fitap.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	26	Victorian Championships	Phoenix Park Community Centre East Malvern	VIC	fitathleticphysiques@gmail.com.au or 0478 058 970

ANB [www.anb.com.au](http://www.anb.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	6	ANB WA Mayhem	Vasto Club, Balcatta	WA	David Salamon 0426 263 655
September	6	ASN Newcastle Northern Classic	Panthers Club, Newcastle	NSW	Robert Powell 02 9630 0338
September	13	North Queensland Naturals	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323 anbnorthqueensland.com.au
September	13	ANB Canberra Championships	Australian Institute Sport	ACT	Matt 0432 273 822, asncanberra@hotmail.com
September	20	QLD Bodybuilding, Figure & Fitness Model Titles	Southport Sharks, Southport	QLD	Raylene 02 9639 0338
September	26	NSW Central Coast Natural Physique Titles	Impact Centre, Erina	NSW	Mick Moss 0412 656 548,
September	27	ANBSA Revolution	Norwood Town Hall	SA	David Salamon 0426 263 655, anbsa.com.au
October	3	Natural Swimwear & Fitness Model Championships	La Trobe Uni, Union Hall, Bundoora	VIC	Maria McCarter 0417 055 922
October	4	Victoria State Bodybuilding & Figure Competition	La Trobe Uni, Union Hall, Bundoora	VIC	www.anbvictoria.com.au
October	10	Australian Oxygen Fitness & Model Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338
October	11	Australian Bodybuilding & Figure Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338

IFBB [www.ifbbaustralia.com.au](http://www.ifbbaustralia.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
July	19	All Female Classic and Men's Physique NSW	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
July	25	Amanda Doherty All Female Classic	Kingston Arts Centre	VIC	Tony Doherty, tony@dohertysgym.com
November	14–15	NSW Championships for Men and Women	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
November	27–29	Amateur Olympia and National Championships	Gold Coast Convention Centre	QLD	0410 403 530 or carole@ifbbaustralia.com.au
November	TBA	Victorian Championships	TBA	VIC	Tony Doherty, tony@dohertysgym.com
November	TBA	South Australian Championships	TBA	SA	Grace and Andrew Crawford, 0416 304 260
November	TBA	West Australian Championships	TBA	WA	Mike O'Mara, 0414 443 254
November	TBA	Queensland Championships	TBA	QLD	0410 403 530 or carole@ifbbaustralia.com.au

WBFF [www.wbffshows.com.au](http://www.wbffshows.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
October	17	The WBFF Australian Championships	The Arts Centre Gold Coast	QLD	www.wbffshows.com.au

Please forward calendar updates or changes to [ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au)





"Once I discovered bodybuilding, it became my life-long quest to see how good I could become."

— Boyer Coe

Michael Neveux

**NEXT ISSUE**  
**ON SALE AUGUST 17**

## FEATURING

- + The Future of Men's Physique
- + High-Intensity Ab Training
- + Man on a Mission: Sonny Brown
- + Controlled Overtraining for Fast Gains

### Terms & Conditions for Sanctum Skin Care Competition

1. Entry is open to all residents of Australia except employees of the Promoter and their immediate families and agencies associated with this promotion. 2. The promoter shall not be liable for any loss or damage whatsoever that is suffered (including but not limited to indirect or consequential loss) or for any personal injury or suffering sustained in connection with any of the prizes offered except for any liability which cannot be excluded by law. 3. All entries become the property of the promoter. 4. The Promoter accepts no responsibility for late, lost or misdirected mail or for any prizes damaged in transit. 5. The promoter is Blitz Publications & Multi Media Group Pty Ltd, 1 Miles St, Mulgrave, Victoria 3170. 6. To enter the competition, entrants must tell us, in 25 words or less, why they would like to win a Sanctum men's skincare pack. Entries are to be emailed with name, address and phone number to [Ironman@blitzmag.com.au](mailto:Ironman@blitzmag.com.au). 7. The competition will be judged by the editor of Iron Man Magazine and the most creative answer will be the winner. 8. The value per prize is \$30.90 and there is a total of five prizes to win — total prize pool is worth \$154.50. 9. The competition commences on 20 July, 2015 at 9am and closes on the 17th August, 2015 at 5pm, with the winner drawn on 18th April, 2015 at 11am at the office of Blitz Publications & Multi Media Group. 10. This is a game of skill and chance plays no part in determining the winner. 11. Prizes are non-transferable or exchangeable and cannot be taken as cash. 12. The judges' decision is final and no correspondences will be entered into. 13. By entering this competition, you consent to Blitz Publications & Multi Media Group Pty Ltd giving your mailing address to product suppliers in the event that you are a winner, for the purpose of delivering your prize. Your address will not be used by Blitz Publications & Multi Media Group Pty Ltd or the supplier for any other purpose. 14. By entering this competition, you confirm that you have read the Blitz Publications & Multi Media Group Pty Ltd Privacy Policy ([blitzpublications.com.au/privacy-policy](http://blitzpublications.com.au/privacy-policy)) and consent to Blitz Publications & Multi Media Group Pty Ltd giving your mailing address to product suppliers in the event that you are a winner, for the purpose of delivering your prize. 15. Should you be selected as a winner of this competition, you acknowledge and agree that no liability attaches to Blitz Publications & Multi Media Group Pty Ltd for any damage to, fault with or issue arising out of the product or prize, either during transit to you, or upon its receipt by you or at any stage thereafter. Blitz Publications & Multimedia Group Pty Ltd will not be responsible for this replacement of the product or prize if any issues arise.



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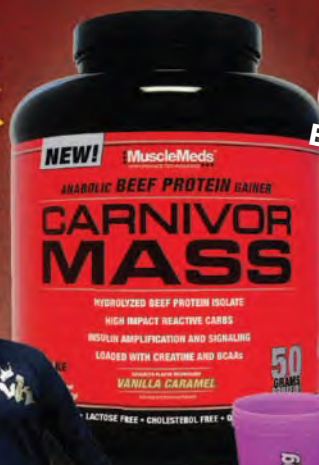
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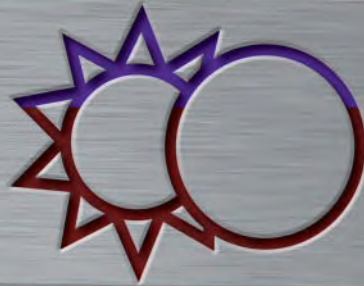
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